

Area 1: Emotional Wellbeing and Relationship Development

Responds to and engages with familiar adults 1.1

Birth-12 months

- A Develops expectations of consistent, positive interactions through secure relationships with familiar adults 1.1.A
- B Distinguishes between familiar and unfamiliar adults 1.1.B
- C Accepts and initiates contact, comfort and assistance from familiar adults 1.1.C
- D Explores the environment, checking back with familiar adults periodically for security 1.1.D
- E Shows discomfort at separation from familiar adults 1.1.E

Approximately 12-24 months

- F Engages and initiates in shared playful experiences with a familiar adult 1.1.F
- G Prefers primary caregiver and may experience intense feelings when separating or reuniting with them 1.1.G
- H Feels comfortable in a variety of places with familiar adults 1.1.H
- I Seeks help from adults in unfamiliar situation 1.1.I

Approximately 24-36 months

- J Initiates and responds to social interaction displaying trust by expressing affection toward preferred adults 1.1.J
- K Manages separations from familiar adults with decreasing amounts of stress 1.1.K

Approximately 3-4 years

- L Initiates more complex interactions with familiar adults 1.1.L
- M Responds to familiar adult requests and directions with adult assistance or prompting 1.1.M
- N Begins accepting guidance, comfort and directions from familiar adults to a broader range of adults 1.1.N

Approximately 4-5 years

- O Engages in extended reciprocal interactions with adults 1.1.O
- P Accepts guidance, comfort and directions from a range of adults in a variety of environments 1.1.P

Q Responds to adult requests and directions, may need assistance or prompting 1.1.Q

Demonstrates a sense of self-awareness 1.2

Birth-12 months

- A Develops awareness of self within their environment: 1.2.A
 - a Touch stimuli
 - b Reflex response of rooting, startling, stroking and grasping
 - B Expresses reaction through facial expressions, sounds and gestures 1.2.B
 - C Moves and makes sounds to get or keep the attention of others 1.2.C
 - D Responds to name by familiar adult 1.2.D
 - E Shows awareness of their own body as a part of their environment 1.2.E
 - F Differentiates between seeing themselves and mimicking others actions 1.2.F
 - G Shows awareness of familiar routines through responsive behaviors 1.2.G
 - H Imitates actions of others 1.2.H
 - I Shows preference for toys and experiences 1.2.I
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Approximately 12-24 months

- J Understands some features and qualities of self and others 1.2.J
 - K Consciously imitates others to engage in playful interactions 1.2.K
 - L Begins to portray roles and relationships with a familiar adult 1.2.L
 - M Tests limits and boundaries 1.2.M
 - N Begins to finish tasks making their own decisions (autonomy) 1.2.N
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Approximately 24-36 months

- O Responds to name when asked 1.2.O
 - P Shows independence from familiar adults 1.2.P
 - Q Recognizes own feelings, needs, features, qualities and preferences as different from others 1.2.Q
 - R Works to gain positive responses from familiar adults 1.2.R
 - S Seeks assistance from familiar adults in new or difficult tasks or situations 1.2.S
 - T Imitates another child or adult's play or behavior 1.2.T
 - U Begins to understand things belong to them 1.2.U
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Approximately 3-4 years

- V Shows growing independence in a range of activities, routines and tasks 1.2.V
- W Begins to understand how others perceive them 1.2.W
- X Begins to seek approval from others 1.2.X
- Y Begins to imitate social behaviors and shared interests 1.2.Y

Z Expresses positive sense of self in terms of specific abilities [1.2.Z](#)

Approximately 4-5 years

AA Displays independence and confidence in making choices of wants and needs [1.2.AA](#)

BB Begins to understand how own actions relate to how others perceive them [1.2.BB](#)

CC Imitates social behaviors and shared interests by participating in cooperative and social play [1.2.CC](#)

Demonstrates awareness of their emotions and behaviors and expresses them in developmentally appropriate ways [1.3](#)

Birth-12 months

A Expresses a variety of emotions to seek a response from a familiar adult [1.3.A](#)

B Uses signals to meet needs: [1.3.B](#)

- a** Crying
- b** Body language
- c** Inability to soothe

C Calms with soothing from a familiar adult [1.3.C](#)

D Develops distinct preferences for self-soothing and comforting [1.3.D](#)

E Participates in routines with familiar adults [1.3.E](#)

Approximately 12-24 months

F Seeks emotional security and support through close proximity to familiar adults [1.3.F](#)

G Responds to others' emotions by sharing an emotional reaction [1.3.G](#)

H Tolerates brief delays in having needs met [1.3.H](#)

I Initiates steps of social routines with familiar adults [1.3.I](#)

Approximately 24-36 months

J Shows awareness of own emotions through verbal and nonverbal expression [1.3.J](#)

K Waits briefly to obtain a preferred item [1.3.K](#)

L Develops an understanding of routines and expectations. May require reminders or assistance from adults [1.3.L](#)

M Follows simple routines and expectations in a variety of settings [1.3.M](#)

N Shows an increasing ability to manage actions, emotions and emotional expressions. May need guidance from familiar adults in a safe and consistent environment [1.3.N](#)

O Shows an increasing range and variety of emotions with the shift between emotions becoming smoother [1.3.O](#)

Approximately 3-4 years

P Begins labeling basic feelings and emotions [1.3.P](#)

- Q** Begins to develop patience based on refined ability to take turns [1.3.Q](#)
- R** Begins to manage emotions independently. May need adult support to co-regulate big emotions [1.3.R](#)
- S** Manages transitions and changes to routines [1.3.S](#)

Approximately 4-5 years

- T** Expresses a broad range of emotions and begins to notice more complex emotions in self [1.3.T](#)
- U** Labels emotions, needs, opinions and desires through preferred communication methods [1.3.U](#)
- V** Demonstrates coping and self-regulation skills to manage a variety of emotions with increasing independence [1.3.V](#)
- W** Shows an increasing ability to understand and accept the connection between their actions and positive or negative consequences [1.3.W](#)
- X** Shows increasing understanding of changing expectations and emotional expression in different settings [1.3.X](#)

Forms positive peer relationships [1.4](#)

Birth-12 months

- A** Notices, imitates and responds to emotions displayed by peers [1.4.A](#)
- B** Shows recognition of others through actions [1.4.B](#)
- C** Explores, responds and initiates back and forth interactions with peers, supported by familiar adults [1.4.C](#)

Approximately 12-24 months

- D** Begins to show and notice empathy by responding with concern in interactions with peers [1.4.D](#)
- E** Simple turn-taking begins with imitation and shared playful experiences with a familiar adult [1.4.E](#)
- F** Interacts and responds to a few children on a regular basis [1.4.F](#)
- G** Engages briefly in simple interactions with another child [1.4.G](#)
- H** Imitates actions of peers [1.4.H](#)

Approximately 24-36 months

- I** Begins to label emotions in others [1.4.I](#)
- J** Begins to express empathy and concern with words or actions with adult support [1.4.J](#)
- K** Plays near or side by side with peers [1.4.K](#)
- L** Begins to recognize peers by name [1.4.L](#)
- M** Begins to join in play with others including turn-taking, supported by familiar adults [1.4.M](#)

Approximately 3-4 years

- N** Expresses empathy to peers by showing caring behaviors 1.4.N
- O** Begins to show preferences when playing with peers 1.4.O
- P** Begins to engage in interactions and play with other peers without adult support 1.4.P
- Q** Identifies a few peers by name 1.4.Q
- R** Refines ability to take turns 1.4.R
- S** Begins to recognize and describe social problems 1.4.S
- T** Accepts solutions to conflicts with adult guidance and support 1.4.T

Approximately 4-5 years

- U** Expresses empathy for others and tries to help with an increased range of more complex actions 1.4.U
- V** Sustains positive interactions with one to two preferred peers 1.4.V
- W** Negotiates with others to resolve disagreements with or without prompting from adults: 1.4.W
 - a** Turn taking
 - b** Social problems
- X** Engages in sustained periods of cooperative play including strategies to join groups 1.4.X
- Y** Identifies friends by names 1.4.Y