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

Accepts guidance, comfort and directions from a range of adults in a variety of environments 1.1.P

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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

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

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

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

Begins to seek approval from others 1.2.X

Begins to imitate social behaviors and shared interests 1.2.Y

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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

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ɔproximately 3-4 years

ר 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

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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