

DOMAIN 3: SOCIAL AND EMOTIONAL DEVELOPMENT**SUB-DOMAIN: EMOTIONAL DEVELOPMENT****SELF EFFICACY****GOAL 37: CHILDREN DEMONSTRATE BELIEF IN THEIR ABILITIES.**

Age Range	Developmental Growth	Child Indicators	Caregiver Strategies
16 to 38 Months	Views self as capable of attempting everyday tasks.	<ul style="list-style-type: none"> ▪ Imitates everyday activities that adults and older children do. ▪ Shows recognition of own accomplishment, with smiles or comments. ▪ Shows completed projects (drawing, block structure) to caregiver. ▪ Takes on tasks to show capability, even though the task may be one never accomplished before (e.g. imitates use of adult tools, tries to sweep the floor with an adult-sized broom, or tries to use real tools). ▪ Seeks help after unsuccessful attempts at new or challenging activities. ▪ Sometimes initiates internalized rules for controlling self (e.g. puts self in timeout). ▪ Checks emotional responses of others to regulate behavior. ▪ Takes on roles that show authority and rules (e.g. discipline a doll during play or tell a "patient" what needs to be done by the doctor). ▪ Relies on caregiver's support to follow rules and to contain impulses. ▪ Controls some actions with unfamiliar people, but may show less control with familiar caregivers. ▪ Takes turns with adult assistance. 	<ul style="list-style-type: none"> ▪ Encourage or provide opportunities for the child to engage in new tasks that they can accomplish successfully. ▪ Provide safe and consistent environments for active exploration. ▪ Celebrate with child over accomplishments and explorations. ▪ Monitor children's activities, watching for when a child needs support to try and maintain effort to try new abilities (e.g. persists in trying to walk backwards on the balance beam or tries to completely peel a banana). ▪ Describe child's actions as they try new skills rather than giving empty praise. ▪ Describe child's efforts at attempting a skill, even if they do not succeed. ▪ Talk with child about all the things she can do on her own. ▪ Be mindful of child's cultural influences. ▪ Provide materials that encourage exploration (e.g. water, sand, or blocks).