

**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
<p><b>36 to 60 Months</b></p>	<p>Shows confidence and competence in managing simple, everyday skills for daily living, with and without assistance.</p>	<ul style="list-style-type: none"> <li>▪ Expresses delight with mastery of a skill (e.g. "I did it myself!").</li> <li>▪ Asks others to view own creations (e.g. "Look at my picture!").</li> <li>▪ Shows confidence in achievement (e.g. "I can climb to the top of the big slide!" "I can walk all around the sidewalk on the playground with my walker.").</li> <li>▪ Expresses own ideas and opinions.</li> <li>▪ Practices a skill repeatedly until achieved.</li> <li>▪ Shows pride and pleasure when someone reacts to the child's action or creation.</li> <li>▪ May try to negotiate with caregiver about what they are supposed to do.</li> <li>▪ Talks to self, using private or inner speech to help remember rules and standards for behavior.</li> <li>▪ Shows self-awareness by complying with rules and expectations of adults much of the time.</li> <li>▪ Shows remorse when fails to succeed in socially acceptable ways in social interactions with others.</li> <li>▪ Shows some self-criticism, shame, and guilt if they do not succeed or make a mistake.</li> <li>▪ Near the end of this age range, becomes consistent in sharing and sometimes views sharing as an obligation.</li> <li>▪ May exaggerate own strength and abilities.</li> </ul>	<ul style="list-style-type: none"> <li>▪ In child care settings, make a checklist of everyday tasks that a child in this age range is learning. Plan environments so that children have many and varied activities where they can practice those tasks (e.g. dressing, self-feeding, writing, physical activities, and making music and art). Provide opportunities for child to try a task from the list, and offer assistance, as appropriate.</li> <li>▪ Provide plenty of time and opportunities for child to play, explore, experiment, and accomplish tasks and develop a sense of competence.</li> <li>▪ Invite child to share ideas, skills, or ways to solve a problem.</li> <li>▪ Offer opportunities for children to watch each other trying new skills.</li> <li>▪ Assist children as they are learning a skill by figuring out where they are starting with their learning, then provide encouragement for each little bit of the skill they achieve. (e.g. talk with child about all the things she can do on her own).</li> <li>▪ Provide materials and time for exploration with art materials, sand and water, blocks, and construction toys.</li> <li>▪ Recognize child's desire to feel capable and strong, and to make progress toward getting better at a skill.</li> </ul>