

DOMAIN 3: SOCIAL AND EMOTIONAL DEVELOPMENT**SUB-DOMAIN: EMOTIONAL DEVELOPMENT****SELF-CONTROL****GOAL 38: CHILDREN REGULATE THEIR FEELINGS AND IMPULSES.**

Age Range	Developmental Growth	Child Indicators	Caregiver Strategies
6 to 18 Months	Recognizes and responds to emotional cues of others.	<ul style="list-style-type: none"> ▪ Seeks caregiver's support and attention when feeling strong emotions. ▪ Engages in some ritualistic behaviors (e.g. sings or babbles self to sleep, goes to high chair to be fed without resistance). ▪ Participates in routine interactions (e.g. quiets body when picked up; cooperates in dressing). ▪ Follows some consistently set rules and routines. ▪ Smiles, waves, or laughs in response to positive adult interaction. ▪ Shakes head or gestures to indicate wants and needs. ▪ Near end of this period, controls some impulses (e.g. says "No" when reaching for forbidden object; restrains self from stepping on a book on the floor). 	<ul style="list-style-type: none"> ▪ Stay near children during stressful situations to help them regulate emotions (e.g. hold and caress the child, give eye contact, move rhythmically, speak softly and calmly). ▪ Be certain you are consistent in modeling emotional reactions that are those you want the child to use. ▪ Identify and name emotional states when interacting with child, such as happy, joyful, sad, angry, disappointed, excited, or eager. ▪ Maintain and support child's routine for eating, sleeping, and other daily care activities. ▪ Sing songs, read stories, look at illustrations and pictures that include emotions. ▪ Support and comfort child's emotions by labeling and providing ideas to help (e.g. "You are really disappointed that Cade put on that hat you wanted. Let's find another hat for you.").