

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
Birth through 8 Months	Calms self for brief periods.	<ul style="list-style-type: none"> ▪ Uses basic self-calming strategies such as sucking or staring at an object. ▪ Sustains a sound or gesture that creates an effect (e.g. repeatedly shakes a rattle after discovering that it makes a sound). ▪ Recognizes adults who respond to cues and offer relief. ▪ Explores close environments using senses, in close contact with caregiver. ▪ Looks to caregiver when accomplishing new tasks such as rolling over, or sitting unaided). ▪ May sometimes show signs of “global empathy” and get upset when someone else is upset. 	<ul style="list-style-type: none"> ▪ Provide early face-to-face interactions so the child internalizes reciprocity, turn-taking in gazing, smiling, and making sounds. ▪ Stay near child to develop attachment and trust between primary caregivers and the baby, so the baby can have calm emotions that support healthy brain development. ▪ Provide a safe, consistent physical environment for child to explore. ▪ In child care settings, encourage children to bring items from home such as blankets or special toys, and pictures of family.