

TPBA2 Age Table: Emotional and Social Development

Child's name: \_\_\_\_\_ Age: \_\_\_\_\_ Birth date: \_\_\_\_\_

Parent(s): \_\_\_\_\_ Assessment date: \_\_\_\_\_

Person(s) completing the form: \_\_\_\_\_

**Directions:** Based on the observations recorded on the TPBA2 Observation Guidelines and/or TPBA2 Observation Notes, review the Age Table to determine the age level that most closely matches the child's performance. It may be helpful to circle items on the Age Table that the child can do. If items are circled across multiple age levels, find the child's age level by finding the mode (i.e., determine which age level has the most circled items). Age levels after 12 months/1 year represent ranges rather than individual months and are preceded by "By." If the most circled items appear in one of these age levels, consider the child's age level to be the month shown (e.g., if the most circled items appear in the "By 21 months" level, the child's age level for that subcategory is 21 months).

*Note:* The Emotional Style/Adaptability subcategory is not included in this Age Table. This subcategory helps users observe qualitative performance, but is not related to a child's age level.

*Note:* There are no 10- and 11-month levels for the Emotional and Social Domain, because those months do not have specific associated milestones.

Age level	Emotional expression	Regulation of emotions and arousal states	Behavioral regulation	Sense of self	Emotional themes in play	Social interactions
1 month	Displays rage-anger, sadness-distress, pleasure-joy Wide-eyed staring Shows disgust with bitter or sour tastes	Can be comforted and calmed by touching and rocking Stares at faces and responds by quieting Alert about 1 out of every 10 hours	Expects feeding at certain intervals Cries for assistance	Studies environment Interested in faces of others	Play reflects interest, pleasure, distress (0-9 months) <i>See Emotional expression</i>	Focuses on faces and responds by quieting Responds to touch and vocalization Responds with synchrony to adults' mouth movements
2 months	Distinguishes between anger, surprise, and sadness in adults Infant's facial expression changes every 7-9 seconds Shows interest by staring Smiles at interesting sensory stimuli	Uses gaze aversion when over stimulated Quiets self with sucking Patterns of eating, sleeping, and alertness emerge	Responds positively to quiet voice of adult holding him/her Adjusts body to person holding him/her Anticipates movement of objects; reacts with body movement	Follows person's movement with eyes Coordinating senses (e.g., looking for sounds, sucking at sight of bottle) Begins to recognize family members	Play reflects interest, pleasure, distress (0-9 months) Responds with total-body excitement to familiar face <i>See Emotional expression</i>	Pays attention to parent's eyes (over mouth) Responds to people with excitement, leg waving, panting, or vocalizing Mouth and hand play

Age Table: Emotional and Social Development **TPBA** 2

Age level	Emotional expression	Regulation of emotions and arousal states	Behavioral regulation	Sense of self	Emotional themes in play	Social interactions
3 months	Smiles at active stimuli Expresses all basic emotions (including surprise) Startles at loud noises, sudden movements	Sleeps regularly (16.5 hours/day, 3-4 hours continuously) Able to calm down or self-quiet for brief periods Uses sucking, looking, or other sensory modalities to calm self Cycles through various states with less crying and more alert times	Tracks slowly moving objects Stops sucking to listen May voluntarily hold and wave a toy Protests when left alone Has predictable eating schedule	Begins to recognize he or she can make things happen (0-3 months) Explores own face, eyes and mouth with hand Discriminates among voices, people, tastes, proximity, and object size	Play reflects all emotions Brightens up when provided appropriate visual, auditory, and/or tactile experiences Repeats pleasurable actions	Much of play is solitary (0-3 months) Enjoys responding to people and eye-to-eye contact Recognizes caregivers on sight True social smile Anticipates next step in familiar game Looks at one when talked to Enjoys caregiving from anyone (0-3 months) Smiles indiscriminantly (0-3 months)
4 months	Laughs while socializing Cries if play is disrupted Smiles more with familiar people Shows angry expression when desired object is denied (3-4 months)	Has ways to soothe self Sleeping and waking bouts become more regular May be responsive an hour or more at a time	Shows control over behaviors by self-soothing and self-stimulation	May smile at mirror image Begins showing pleasure at mastery	Play reflects extremes of emotion	Vocalizes to initiate socializing Responds differently to different people Shows interest by smiling, reaching, and touching Babies look at and touch each other (3-4 months)
5 months	Fear of loud or unexpected noises Laughing "play face" appears	Stops crying when people talk to him/her Can recover from distress with caregiver support within 15 minutes Alert almost 2 hours	May protest when adult tries to take toy Vocalizes to get attention Interrupts others' conversations by vocalizing	Discriminates between self and mother in mirror Knows parents, siblings, who is a stranger	Responds to social overtures with an emotional response Experiments with adult's responses to emotions expressed	Studies caregiver's face Shows anger or protest when frustrated Shows preference for familiar faces Responds differently to stranger (may withdraw)

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6 months	Shows pleasure with gurgles and coos Growls and grunts to show displeasure Squeals, giggles, belly laughs with excitement	Sleeping and waking bouts begin to lengthen and consolidate (3–6 months) May have abrupt mood changes	Resists actions or objects he/she doesn't want Objects to toys being taken away (4–6 months)	Turns to own name Indicates need for help Explores body parts and how they move Smiles at own image in mirror	Responds to meaning of specific emotional expressions in others Imitates facial expressions and actions of others in play	Responds with enthusiasm to familiar social games and routines Calmed more easily by familiar caregiver Distinguishes a photo of mother from one of stranger Spontaneous greeting of mother
7 months	Distinguishes friendly and angry talking May show "pout face" or sadness Displays true anger (4–7 months)	Unexplained crying stops Has established routine (4–7 months)	Cries or shouts for attention Begins to learn behavioral implications of actions Learning meaning of "no" through tone of voice	May reach for and touch mirror image Derives pleasure in attaining goals May fear strangers Likes pictures of babies	Vocalizes attitudes and emotions of pleasure and displeasure in play Shows humor, begins to tease in play Repeats series of actions from past	Plays social games (4–7 months) Will "woo" caregiver with sounds, smiles, gestures Cries in response to another infant's cry
8 months	Anger, distrust, disgust expressed more intensely and can be differentiated Shows "knit brow" interest (2–8 months)	Regular naps several times a day	Responds to parent's facial expressions to help moderate emotions	Claps when does something he/she likes May try to kiss mirror image	Negative emotional response to play overtures from unfamiliar persons Resists pressure to play with something not of his/her choice	Explores own and caregiver's face and body parts (4–8 months) May cry if caregiver leaves or stranger is close by (3–8 months) Intentional two-way communication or turn taking (4–8 months)
9 months	Expresses fear Fears heights; aware of vertical space (4–9 months) High intensity elation in social game	Recovers within 10 minutes by being involved in social interactions Sleeps 14.25 hours/day; 84% sleep through the night (6–9 months)	Wants approval Looks to adult to see if he/she is in trouble Follows simple commands Beginning to respond to tone of voice with "no," but may not stop actions	Repeats actions if applauded Fights for possessions Moves away from adult and looks back to "check in" (showing understanding of separateness) Actions shift to task-directed outcomes with objects	Play reflects interest, pleasure, frustration (0–9 months) Understands that adult signals convey information and emotions (6–9 months) Understands his/her actions arouse emotions Repeats play that got laughter or applause May do nondesired action to test response	Initiates intentional interactions (e.g., reaches for nose, hair, mouth) Different responses to different people Wants to play near mother Tries to get attention of other babies Approaches peer Sensitive to other baby's cry

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By 12 months or 1 year	<p>Surprise emerges (8-12 months)</p> <p>Shyness emerges (9-12 months)</p> <p>Demonstrates fear of strange people and places (7-12 months)</p> <p>Laughs at incongruities, novelty, self-produced actions</p> <p>"Knit brow" shows interest during problem-solving actions</p>	<p>Maintains security through social referencing (7-12 months)</p> <p>90% of infants sleep through the night</p> <p>Self-soothes in own way</p> <p>May resist napping</p> <p>Has tantrums</p>	<p>Aware of own actions and implications</p> <p>Can obey requests</p> <p>Understands what "no" means</p> <p>Is not always cooperative</p> <p>May refuse new foods</p> <p>Can delay a response (5-12 months)</p> <p>Beginning to develop a conscience</p>	<p>Shows delight in making toy perform (7-12 months)</p> <p>May demand help from adult, even when not needed</p> <p>"Shows off"</p> <p>Pleasure at mastery seen (4-12 months)</p> <p>Differentiates others by voices, gender, age (7-12 months)</p>	<p>Communicates intentions and desires to listener (9-12 months)</p> <p>Differentiates threatening and nonthreatening situations in play</p> <p>Play reflects affection toward humans and favored objects</p> <p>Needs to be near parent in play</p>	<p>Enjoys exploring face and body of caregiver (8-12 months)</p> <p>Begins to imitate actions of caregiver or other child (8-12 months)</p> <p>Plays hide games (8-12 months)</p> <p>Isolated play and beginning parallel play (8-12 months)</p> <p>Can move away from parent but will maintain eye contact (7-12 months)</p> <p>Separation distress and anxiety (7-12 months)</p> <p>May offer a toy to another child</p> <p>Enjoys turn-taking games (e.g., Peekaboo, rolling ball)</p> <p>Begins organizing behavior and emotions</p> <p>Can initiate or respond to 3 sequential turns in communication</p> <p>Shows signs of empathy (10-12 months)</p>
By 15 months	<p>Shows guilt at wrongdoing</p> <p>Gives affection to toys and others</p>	<p>May throw temper tantrum to get his/her way</p> <p>Has appropriate emotional responses to various situations</p> <p>Sleeps 13.75 hours/day (12-15 months)</p>	<p>Understands simple "right" and "wrong"</p> <p>Resists adult control</p> <p>Follows "don't" requests 45% of time; "do" request only 14%</p> <p>Looks at adult before doing something out of bounds</p>	<p>Says "no," asserts independence</p> <p>Moves from showing signs of awareness of another's pain to doing something to help (12-15 months)</p> <p>Starts to enjoy moving away from adults</p> <p>Persists at accomplishing complex tasks</p>	<p>Shows affection and nurturing in role play with dolls</p> <p>Recreates common routines</p>	<p>Shares joint attention on an object (8-14 months)</p> <p>Imitates actions of another person (8-14 months)</p> <p>Capable of turn-taking (8-14 months)</p> <p>Likes to be around other children (8-14 months)</p> <p>Assists others in distress by patting, touching, offering objects</p>

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By 18 months	<p>Predominately happy (12-18 months)</p> <p>Pride and shame emerge</p> <p>Increase in anger and tantrums</p> <p>Increase in fears</p> <p>May show depression if loss experienced</p> <p>Jealousy, especially toward siblings or peers</p> <p>Frustration with inability to express wishes</p> <p>Whines and cries</p> <p>Shows rage (7-18 months)</p>	<p>Gets upset easily if routine is changed</p> <p>Naps once a day</p> <p>Beginning to move away from source of distress and seek out adult for comfort</p> <p>Beginning to gain self-control (15-18 months)</p>	<p>Shows anger; hits, bites, punches, yells, bangs, screams</p> <p>Shows awareness of caregiver's wishes and expectations</p> <p>Uses conscience-like verbalizations ("no" "don't") before doing something out of bounds</p> <p>Brings things when requested</p> <p>Seeks praise for good behavior</p>	<p>Wants praise for good performance</p> <p>Assertive and independent</p> <p>Pushes for autonomy and exploration but still needs to stay in touch with caregiver (12-18 months)</p> <p>Practices moving away and coming back (12-18 months)</p> <p>Persists with tasks of moderate difficulty (12-18 months)</p> <p>Is able to represent self and others in dramatic play (12-18 months)</p> <p>Awareness of failure</p>	<p>Possesses an understanding of self and others as communicators of emotion (12-18 months)</p> <p>Dramatic play may reflect worries</p> <p>Uses toys in pretend actions, relating them to one another, in reflection of daily actions</p>	<p>Parallel play (plays with same toys, but not with other child) (15-18 months)</p> <p>Pretends to feed dolls, mother</p> <p>Spontaneously shares food, toys</p> <p>Vocalizes to caregiver from a distance</p> <p>Sets limits on others (e.g., tells them to stop)</p> <p>Shows concern when someone is in distress, makes offer of support (12-18 months)</p> <p>Expresses caring for another vocally and physically</p> <p>Can engage in 20-30 circles of communication with verbal, gestural, and physical communication</p>
By 21 months	<p>months</p> <p>Reacts to others' sadness and takes steps to comfort them (e.g., may offer an object) (18-21 months)</p>	<p>Uses objects to distract or calm self</p> <p>Uses cues that assistance is needed to calm (12-21 months)</p> <p>Intense crying when can't communicate needs with words</p>	<p>Follows single-step directions (18-21 months)</p> <p>Engages in self-tattling</p> <p>Sets a standard to evaluate success of actions</p> <p>Conscious of adult approval/disapproval</p> <p>Pulls hair, knocks other children down, hugs too tightly</p>	<p>Recognizes self in mirror (18-21 months)</p> <p>Refers to self by name</p> <p>Possessive of own things</p>	<p>Communicates needs, wishes, feelings with words and gestures</p> <p>Acts out things others do</p> <p>Play begins to symbolize thoughts and feelings</p>	<p>Is possessive of toys and has difficulty sharing (13-21 months)</p> <p>Engages in tug-of-war with other child over materials</p> <p>Constantly demands caregiver's attention</p> <p>Peer play involving turns escalates</p> <p>Imitation of peer is common</p> <p>Obtaining desired toy takes precedence over social interaction</p> <p>Beginning to respond to others' feelings</p>

Age level	Emotional expression	Regulation of emotions and arousal states	Behavioral regulation	Sense of self	Emotional themes in play	Social interactions
By 24 months or 2 years	Shows self-conscious emotions of shame and embarrassment (15-24 months) Cries when angry or frustrated May have fear of the dark, thunder, trains, animal noises	Sleeps 12-13 hours at night, 1-2-hour nap Saying "no" is at its height (15-24 months) Frequent tantrums (15-24 months) Gets upset if he/she cannot meet standards (15-24 months) Masturbation may be self-calming (18-24 months) Connects actions and consequences (18-24 months) Attempts to control feelings through verbal, physical, or social means Redirects actions when upset	Displays some rudimentary self-control to stop self from wrong behavior Wants to control others and orders them around (15-24 months) Complies approximately 45% of the time (15-24 months) Shows feelings of shame, embarrassment, and guilt; uses words to evaluate behavior as good or bad (21-24 months) Can delay gratification May hit or bite others Knows own behavior can make others sad or mad	Interest in gender, body parts, functions "Me," "I," "mine" predominate (18-24 months) Self-description and self-evaluation (18-24 months) Sense of omnipotence and capability (19-24 months) Distinguishes and names self in pictures and mirror (19-24 months) Displays sense of pride in accomplishment (18-24 months) May cry at failure to accomplish goal (18-24 months) Works to do things by self ("me do") (18-24 months)	Onset of emotion language; begins to label emotions; plays emotion games; pretend play and object substitution emerge (18-24 months) Represents experiences and feelings through dramatic play, primarily nurturing and self-care Creates mental representations of feelings and ideas in dramatic play	Alternates between clinging and resistance to familiar adult Some pretend play directed toward others (13-24 months) Begins to enjoy parallel play, but still cannot cooperate (13-24 months) May offer toy and smile (13-24 months) Begins to use prosocial behaviors in interaction Girls may withdraw from the roughhouse play of boys
By 30 months	Shows empathy Conveys intense emotional expressions with whole body Fears spatial change (e.g., movement, change of location of objects) Produces complex facial expressions	Can delay gratification; wait for what he/she wants or for reward (18-30 months) Develops ability to adjust emotional responses to fit others' emotions Sleeps 13 hours/day May have whole-body tantrums	Shares toys, helps others, cooperates in games; shows empathic concern (24-30 months) Knows rules, standards, cultural values of family Shows remorse	May attack other children with intent to hurt May break toys May become aggressive in disputes with other children around possessions or interference with activities Has categorical knowledge of self (e.g., knows age, sex, physical characteristics, good or bad behavior, and competence) Names own and others' possessions	Role play in isolated play related to nurturing, care, control, and independence Can deal with more complex wishes and feelings (play may reflect closeness, separateness, exploration, assertiveness, anger, pride and showing off)	Able to be both leader and follower (25-30 months) Pretend play often reflects same theme as play of peer, not integrated (parallel play) (25-30 months) Shares feelings about own and others' emotions