

Personal-Social Accommodations/Adaptations/Strategies

Birth-12 months



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Overall Note: Hold, comfort and cuddle child, smile and talk to child in different, high pitches, attend to cries, imitate their sounds and movements

- Cuddle, hold, gently rock child
- Position child so that he sees your face when feeding, changing diaper, playing, talking
- Encourage child to smile
- Encourage eye contact
- Provide a comfortable, secure positioning
- Fulfill child's needs when cries
- Show and tell child the bottle, child should begin get excited when he sees it
- Put hands on bottle when feeding
- Hold hands in midline for child to look and explore his hands
- Place hands on feet, guide face
- Imitate child's sounds
- Sing, play games: "This Little Piggy," "Pat-a-cake" with hands and toes, gently tickle, make silly faces, dance...play with child
- Cue child, wait for responses: Say "Up?" invitingly, reach out, clap hands, wait for child to respond
- Let the child explore different textures, your face, read and encourage touching "feely" board books...
- Position child in front of mirror, talk, smile at their image, help find himself and adult in mirror
- Help child show toy to others but not for release
- Imitate the child behaviors/movements
- Using hand over hand, guide hand to soft cookie or cracker, bring to mouth by 8 mos.
- When dressing child, he pushes his arm through sleeve once arm is started in hole, lifts foot for shoe, sock or pant leg
- Starts to drink water or juice from cup
- Provide child to explore safely
- Respect and respond to child's choices, do not push him toward people or toys and comfort when distressed or uncomfortable
- Play/hug stuffed animal or doll

Personal-Social Accommodations/Adaptations/Strategies

12-24 months



12-24 months

Overall Note: Hold, comfort and cuddle, smile and talk to/with child, imitate sounds/words, encourage safe independence play and exploring. Provide plenty of opportunity to exercise independence and decision-making ability and expect tantrums and limit reprimands. Provide consistency, love and affection.

- Provide child with opportunities to play independently with a variety of age-appropriate toys
- Encourage child to voluntarily and purposefully release their toy to you in a sociable way
- Ignore whining, but not the child by responding to child's request before the need to whine
- When acting impulsively or is unable to recognize rules, redirect verbally and physically for desired behavior
- Expose child to familiar but not rigid routines and rituals, set few, but firm limits, give child choices to let him feel he is in control and develops a sense of self-importance
- Provide funny, humorous situations to encourage laughter and sense of humor
- Encourage child to be a "helper" by giving child simple little jobs to imitate
- Play "give and take" game, encouraging interaction and parallel play with other children
- Alternate quiet (read board books) active and messy play throughout the day
- Acknowledge abilities and successes
- Exaggerate and model facial expressions with emotions: fear, anger, joy, embarrassment, sadness, excitement, sympathy...
- Ensure child is rested, not overstimulated or overexcited: these are prime causes of tantrums
- Respond to tantrums calmly and consistently and look for the trigger or pattern
- When in a tantrum: Do not respond to crying and screaming by giving in or changing your demands, or give child what he threw the tantrum for, otherwise tantrums may become manipulative and purposeful. Ignore child in a safe environment and when calmed, resume positive attitude and activity
- Encourage child to comfort, pat or console, other children when they are distressed
- When dressing child, he lifts foot for shoe, sock or pant leg; undressing, he takes off socks, shoes...
- Model and encourage eating with spoon/fork drinking from cup (gives up bottle) with some spilling, washes/dries hands with assistance
- Play/hug stuffed animal or doll
- When child needs help, encourage child to gesture, use words and ask for assistance
- Limit all screen time

Personal-Social Accommodations/Adaptations/Strategies

24-36 months



24-36 months

Overall Note: Hold, comfort and cuddle, smile and talk to/with child, imitate sounds/words, encourage safe independence play and exploring. Provide plenty of opportunity to exercise independence and decision-making ability and expect tantrums and limit reprimands. Provide consistency, love and affection.

- Allow child to hang back and take his time, displaying shyness
- Offer hand when walking or in unsafe situations, if safe let go if he wishes
- Encourage group play
- Let him be creative in learning about adult activities
- Begin doll play using sturdy, safe equipment, stroller, bed, high chair, bottle, blanket...
- Provide time for child to play independently to encourage him to think up things to do
- Alternate quiet, active, messy and exciting times to play
- Let child do for himself whenever he can, be patient, helping when he asks and praising his efforts
- Let child choose clothes to encourage individuality
- Talk, model and read books about feelings, especially fear, as this emotion develops at this time
- Act cheerful and relaxed when leaving child, keep “good-bye’s” brief
- Remind child to obey and respect simple rules
- Give child plenty of time to adjust mentally to new surroundings
- Provide supervised, interactive games very flexible that do not emphasize “winning”
- Minimize frustrating activities but encourage child to do what he can and TRY
- Play looking in the mirror and ask “who is in the mirror” encourage him to say “me” or his own name
- Assist child to dress and undress himself, puts on shoes, uses large buttons, zippers...
- Provide positive reinforcement when child waits his turn
- During clean up time, he helps put toys away in the proper place, puts his personal belongings in cubby
- Encourage child to feed himself using spoon, fork, cup, wipes his mouth and cleans table when finished, washes/dries hands, wipes nose, brushes teeth, helps baths himself
- Sits on potty and begins to use and verbalize need to use toilet with assistance
- Start distinguishing between boys and girls and ask, “Are you a boy or a girl?”
- Limit all screen time

Personal-Social Accommodations/Adaptations/Strategies

36-48 months



36-48 months

Overall Note: Hold, comfort and cuddle, smile and talk to/with child, imitate sounds/words, encourage safe independence play and exploring. Provide plenty of opportunity to exercise independence and decision-making ability and expect tantrums and limit reprimands. Provide consistency, love and affection.

- Provide new and safe experiences
- Encourage playing cooperatively with 2 or 3 other children
- Engages in inventive fantasy play
- State rules and begins to follow them, encouraging cooperative and helpful atmosphere
- Provide creative movement activities for dancing, singing, acting
- Begins to negotiate solutions to conflicts
- Discuss what is real and what's make-believe
- Talk about child likes to do and is interested in
- Give child more opportunity for independence
- Discuss and model feelings and emotions
- Praise when eating with utensils and feeds self with less spilling
- When child is looking in the mirror, encourage child to say his name
- Provide opportunities for child to state first and last name, age, boy or girl, where he lives, name of school,
- Washes/dries hands before and after mealtime and toileting without assistance
- Provide the opportunity for child to dress himself, requiring assistance with tying shoes and small buttons, choosing own outfits, brush hair, teeth, wipe face...
- Role play and take turns and praise child when they do experiment and are successful and encourage child to try again, if they are not in a calm manner
- Label areas where toys are kept, child knows where familiar items are kept, puts things away
- Encourage feeding himself with little spilling, using napkin to wipe face and hands
- Brushes teeth independently
- Settles himself to go to sleep
- Toilets independently
- Limit all screen time

Personal-Social Accommodations/Adaptations/Strategies

48-60 months



48-60 months

Overall Note: Provide consistency, love and affection, listening and talking about emotions, following simple rules.

- Provide opportunity to manage feelings
- Help child understand other children's feelings and needs
- Role model social situations as they occur
- Try strategies: negotiation and compromise to resolve conflicts
- Assist child in improving skills to form and maintain friendships
- Provide positivity in child's skills to promote a sense of feeling capable
- Discuss in a more complex manner how to express feelings and their causes
- Give examples and show awareness of moral reasoning, such as fairness and good/bad behavior
- Role play sharing and taking turns with other children
- Play simple games with simple rules that do not involve winning
- Provide activities that children are able to stick with a task for a longer period of time, and encourage controlling and finding strategies to manage frustration and anger better
- Model, listening while others are talking, raising hands, lining up and waiting patiently for their turn is encouraged throughout the day
- Settles himself to sleep at nap time and at night at home
- State classroom rules, child follows rules
- Label toy bins, child knows where familiar items are kept and he puts items away when it's "clean up time"
- Talk about the weather and what kind of clothes you should wear to encourage child to choose weather appropriate clothing
- Encourage child's independence by letting them open lunch boxes, zip lock bags, food containers, packaging
- Limit all screen time