

**“Charting Your Baby’s Emotional Milestones”**  
from Greenspan, S. (1985) *First Feelings*. Penguin Books.

**Self Regulation and Interest in the World (Birth to 3 months)**

Increasingly (but only sometimes):

- Able to calm self down
- Sleeps regularly
- Brightens to sights and to sounds (by alerting and focusing on objects)
- Enjoys touch and movement in space (up and down; side to side)

**Falling in Love (2 to 7 months)**

When wooed, increasingly (but still only sometimes):

- Looks at you with a special, joyful smile
- Gazes at you with great interest
- Joyfully smiles at you in response to your talking and to your interesting facial expressions
- Vocalizes back as you vocalize

**Developing Intentional Communication (3 to 10 months)**

Increasingly (but only sometimes) responds to:

- Your gestures with gestures in return (you hand her a rattle and she takes it)
- Your vocalizations with vocalizations
- Your emotional expressions with an emotional response (a smile begets a smile)
- Pleasure or joy with pleasure
- Encouragement to explore with curiosity (reaches for interesting toy)

Increasingly (but only sometimes) initiates:

- Interaction (expectantly looks for you to respond)
- Joy and pleasure (woos you spontaneously)
- Comforting (reaches up to be held)
- Exploration and assertiveness (explores your face or examines a new toy)

**The Emergence of an Organized Sense of Self (9 to 18 months)**

Increasingly (but still only sometimes):

- Initiates a complex behavior pattern such as going to the refrigerator and pointing to a desired food, playing a chase game, rolling a ball back and forth with you
- Uses complex behavior in order to establish closeness (pulls on your leg and reaches up to be picked up)
- Plays in a focused, organized manner on her/his own
- Examines toys or other objects to see how they work
- Responds to limits that you set with your voice or gestures
- Recovers from anger after a few minutes
- Able to use objects like a comb or telephone in a semi-realistic manner
- Seems to know how to get you to react (which actions make you laugh, which make you mad)

## Creating Emotional Ideas (18 to 36 months)

Increasingly (but still only sometimes):

- Engages in pretend play with others (puts doll to sleep, feeds doll, has cars or trucks race)
- Engages in pretend play alone
- Makes spatial designs with blocks or other materials (builds a tower, lines up blocks)
- Uses words or complex social gestures (pointing, sounds, gestures) to express needs or feelings ("me, mad" or "no, bed")
- Uses words or gestures to communicate desire for closeness (saying "hug" or gesturing to sit on your lap)
- Uses words or gestures to explore, be assertive and/or curious ("come here" and then explores toy with you)
- Able to recover from anger or temper tantrums and be cooperative and organized (after 5 or 10 minutes)

Later in stage and throughout next, increasingly (but still only sometimes):

- Uses your help and some toys to play out pretend drama dealing with closeness, nurturing, or care (taking care of a favorite stuffed animal)
- Uses your help and some toys to play out pretend drama dealing with assertiveness, curiosity and exploration (monsters chasing, cars racing, examining doll's bodies)
- Pretend play becomes more complex, so that one pretend sequence leads to another (instead of repetition, where the doll goes to bed, gets up, goes to bed, etc., the doll goes to bed, gets up, and then gets dressed, or the cars race, crash and then go to get fixed)
- Spatial designs become more complex and have interrelated parts, so that a block house has rooms or maybe furniture, a drawing of a face has some of its parts.