

# Conscious Discipline Aligned with The Head Start Child Outcomes Framework



## *Domain: Social and Emotional Development*

IT = Infant/Toddler (birth to 36 months)

P = Preschool (36-60 months)

- The phrases in “quotation marks” are the sections from the Indicators that make the Goal aligned with Conscious Discipline.
- The (parentheses) contain Conscious Discipline resources, routines and structures that support the Goal.

## **Domain: Approaches to Learning**

### Sub-Domain: Emotional and Behavioral Self-Regulation

IT-ATL 1: Child manages feelings and emotions with support of familiar adults.

IT-ATL 2: Child manages actions and behavior with support of familiar adults.

P-ATL 1: Child manages emotions with increasing independence.

P-ATL 2: Child follows classroom rules and routines with increasing independence.

P-ATL 3: Child appropriately handles and takes care of classroom materials.

P-ATL 4: Child manages actions, words, and behavior with increasing independence.

(Safe Place; Rock ‘n Roll cube; Breathing; Commitments; Job Chart; Greetings; I Love You Rituals; Feeling Buddies; 2 clear choices; Baby Doll Circle Time)

### Sub-Domain: Cognitive Self-Regulation (Executive Functioning)

IT-ATL 3: Child manages focus and sustains attention with support.

IT-ATL 4: Child develops the ability to show persistence in actions and behavior.

IT-ATL 5: Child demonstrates the ability to be flexible in actions and behavior.

P-ATL 5: Child demonstrates an increasing ability to control impulses.

P-ATL 6: Child maintains focus and sustains attention with minimal adult support.

P-ATL 7: Child persists in tasks.

P-ATL 8: Child holds information in mind and manipulates it to perform tasks.†

P-ATL 9: Child demonstrates flexibility in thinking and behavior.

### Sub-Domain: Initiative and Curiosity

IT-ATL 6: Child demonstrates emerging initiative in interactions, experiences, and explorations.

“focuses attention on tasks”

P-ATL 10: Child demonstrates initiative and independence.

“frequently shows initiative” “demonstrates willingness” “makes choices”

P-ATL 11: Child shows interest in and curiosity about the world around them.

“willing to participate”

### Sub-Domain: Creativity

IT-ATL 8: Child uses creativity to increase understanding and learning.

“shows willingness”

P-ATL 12: Child expresses creativity in thinking and communication.

“problem solving” “creatively expresses...feelings”

## **Domain: Social and Emotional Development**

### Sub-Domain: Relationships with Adults

IT-SE 1: Child develops expectations of consistent, positive interactions through secure relationships with familiar adults.

IT-SE 2: Child uses expectations learned through repeated experiences in primary relationships to develop relationships with other adults.

IT-SE 3: Child learns to use adults as a resource to meet needs.

P-SE 1: Child engages in and maintains positive relationships and interactions with adults.

P-SE 2: Child engages in prosocial and cooperative behavior with adults.

### Sub-Domain: Relationships with Other Children

IT-SE 4: Child shows interest in, interacts with, and develops personal relationships with other children.

IT-SE 5: Child imitates and engages in play with other children.

P-SE 3: Child engages in and maintains positive relationships and interactions with other children.

P-SE 4: Child engages in cooperative play with other children.

P-SE 5: Child uses basic problem-solving skills to resolve conflicts with other children.

(Time Machine; Assertiveness)

### Sub-Domain: Emotional Functioning

IT-SE 6: Child learns to express a range of emotions.

IT-SE 7: child recognizes and interprets emotions of others with the support of familiar adults.

IT-SE 8: Child expresses care and concern toward others.

IT-SE 9: Child manages emotions with the support of familiar adults.

P-SE 6: Child expresses a broad range of emotions & recognizes these emotions in self & others.

P-SE 7: Child expresses care and concern toward others. (We Care bag)

P-SE 8: Child manages emotions with increasing independence.

### Sub-Domain: Sense of Identity and Belonging

IT-SE 10: Child shows awareness about self and how to connect with others.

IT-SE 11: Child understands some characteristics of self and others.

IT-SE 12: Child shows confidence in own abilities through relationships with others.

IT-SE 13: Child develops a sense of belonging through relationships with others.

P-SE 9: Child recognizes self as a unique individual having own abilities, characteristics, emotions and interests.

P-SE 10: Child expresses confidence in own skills and positive feelings about self.

P-SE 11: Child has sense of belonging to family, community, and other groups.

## **Language and Literacy**

### Sub-Domain: Attending and Understanding

IT-LC 2: Child learns from communication and language experiences with others.

“joint attention” (Baby Doll Circle Time)

Sub-Domain: Communicating and Speaking

IT-LC4: Child understands, follows, and uses appropriate social and conversational rules.  
“expressing own feelings, thoughts”

Sub-Domain: Emergent Literacy

IT-LC 9: Child attends to, repeats, and uses some rhymes, phrases, or refrains from stories or songs. (I Love You rituals; CD songs)

IT-LC 11: Child recognizes pictures and some symbols, signs, or words.  
(breathing icons – Rock ‘n Roll cube; greeting symbols)

**Cognition**Sub-Domain: Exploration and Discovery

IT-C 2: Child uses understanding of casual relationships to act on social and physical environments. “Makes simple predictions...everyday routines” (daily photo schedule; routine books)

Sub-Domain: Memory

IT-C 3: Child recognizes differences between familiar and unfamiliar people, objects, actions, or events. “remembers parts of familiar routines; comments about similarities or differences between new people”

IT-C 4: Child recognizes the stability of people and objects in the environment.  
“notices who is missing” (wish well board)

IT-C 5: Child uses memories as a foundation for more complex actions and thoughts.  
“prepares for next routine...” “repeats simple rules about expected behavior”

Sub-Domain: Reasoning and Problem-Solving

IT-C 6: Child learns to use a variety of strategies in solving problems.

IT-C 7: Child uses reasoning and planning ahead to solve problems.

Sub-Domain: Scientific Reasoning

P-SCI 6: Child analyzes results, draws conclusions, and communicates results.†

Perceptual, Motor, and Physical DevelopmentSub-Domain: Health, Safety, and Nutrition

P-PMP 6: Child demonstrates knowledge of personal safety practices and routines.  
(commitments; job chart; Safekeeper)