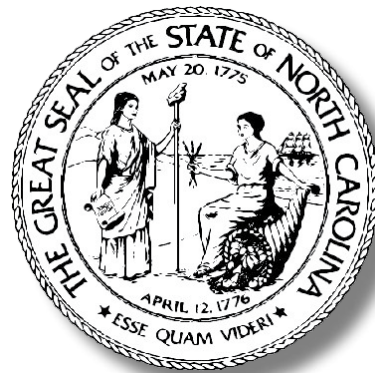


Infant–Toddler Foundations



The Department of Health and Human Services does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in employment or the provision of services.

Inquiries should be directed to the NC Division of Child Development, Customer Services Unit, 2201 Mail Service Center, Raleigh, NC 27699-2201, 800-859-0829 (in state only) or 919-662-4499.

North Carolina Infant and Toddler Early Learning Guidelines Task Force (2007). *Infant–Toddler Foundations: Guidelines for development and learning for North Carolina's infants and toddlers (birth to 36 months)*. Raleigh, NC: North Carolina Division of Child Development.



Acknowledgments

The publication of *Infant-Toddler Foundations* is the culmination of three years of effort by many individuals and organizations. Throughout this time, the care and well-being of North Carolina's youngest citizens has been at the heart of our collaborative effort.

For their ongoing visionary and financial support, special thanks go to the Division of Child Development's current and former Directors: Cynthia Bennett, who brought this project to completion; Robert Kindsvatter, who kept the momentum going during a time of transition; and Peggy Ball, who brought the idea to life.

We also acknowledge the generosity and support of ZERO TO THREE and the National Infant and Toddler Child Care Initiative who awarded the Division of Child Development with a planning grant in 2004. Efforts made during this grant provided the vision for these infant-toddler guidelines. The North Carolina Partnership for Children, the Office of School Readiness, and the Department of Public Instruction's Early Childhood Section were also instrumental in bringing this effort to fruition. A special word of thanks goes to Cindy Bagwell with the Office of School Readiness, whose advice was instrumental to our success, and to Don Carter, NC Even Start, who convened the initial workgroup.

With heart-felt thanks, we also recognize members and staff of the Infant-Toddler Guidelines Task Force. Their ongoing commitment to excellence and accuracy, their leadership, while collaborating so beautifully, has been an inspiration and a joy. To Catherine Scott-Little, Ph.D., whose professional generosity to the Division of Child Development and to the State of North Carolina, along with her constant dedication and humble leadership, made this publication possible. To Edna Neal Collins, Ph.D., whose writing and research brought a strong foundation to these guidelines. And finally, to the many individuals and organizations, listed here,

who reviewed drafts, participated in focus groups, provided comments, and contributed to the accuracy and usefulness of this publication.

We dedicate this publication to North Carolina's early childhood professionals, teachers, caregivers, parents and grandparents, who nurture our state's youngest citizens, countless infants and toddlers, each and every day.

Task Force Members

FACILITATOR

Catherine Scott-Little, Ph.D.
Human Development and Family Studies,
UNC-Greensboro, Greensboro, N.C.

WRITER

Edna Neal Collins, Ph.D.
Department of Human Environmental Sciences, Meredith College, Raleigh, N.C.

GRAPHIC DESIGNER

Kevin Justice
Justice Design, Graham, N.C.

EDITOR

Betty Work
Greensboro, N.C.

ADVISOR

Cindy Bagwell, M.Ed.
Office of School Readiness

NORTH CAROLINA DIVISION OF CHILD DEVELOPMENT

PROJECT MANAGERS

Lorie Pugh
Mary Staak

STAFF

Betsy Bennett
Mary Lee Porterfield
Tammy Tanner
Nicole Wilson

NORTH CAROLINA CHILD CARE COMMISSION

Carol Eatman, RN

NORTH CAROLINA CHILD CARE HEALTH & SAFETY RESOURCE CENTER

NORTH CAROLINA FAMILY HEALTH RESOURCE LINE

Jacqueline Quirk, BSN

NORTH CAROLINA COMMUNITY COLLEGE SYSTEM

Sharon Carter

Davidson County Community College

Task Force Members (continued)

Peggy Teague, Ed.D.
Wayne Community College

NORTH CAROLINA DIVISION OF PUBLIC HEALTH

Gerri Mattson, MD, FAAP, MSPH
Children and Youth Branch, Women's
and Children's Health Section

Deborah Nelson, Ph.D.
Early Childhood Comprehensive Systems
Grant, Children and Youth Branch

Sharon Ware RN, Ed.D.
Child Care Health Consultation Project,
Children and Youth Branch

Jerry Wilkinson, MA, MPH
Early Intervention Branch

NORTH CAROLINA PARTNERSHIP
FOR CHILDREN/SMART START

Marti Brown
Martin/Pitt Partnership for Children

Meredith Holden
Johnston County CDSA, Formerly with the
Down East Partnership for Children

Shelly Martin
Smart Start of Pender County

Jean Squier, MS
Hoke County Partnership for Children

Gale Wilson
North Carolina Partnership for Children

NORTH CAROLINA OFFICE OF
SCHOOL READINESS

Norman Allard, Ph.D.
Preschool Exceptional Children

Anne-Marie de Kort-Young
More At Four

Janet McGinnis, M.Ed.
N.C. Outdoor Learning Environments Alliance

CHILD CARE PROVIDERS
DeVonna Douglas
Wake County Family Child Care Home Association

Shelly Martin
Private Child Care Center, New Hanover County

CHILD CARE RESOURCE & REFERRAL NETWORK

Kathie Boling, MA Ed.
Former: Director, NC Statewide Infant-Toddler
Project
Current: National Center for Infants,
Toddlers and Families, Washington DC

Marti Brown
Infant-Toddler Specialist
Child Care Resource and Referral

DEPARTMENT OF ALLIED HEALTH, SCHOOL
OF MEDICINE, UNC-CHAPEL HILL

Patsy Pierce, Ph.D., CCC-SLP
Division of Speech and Hearing Sciences

EVEN START FAMILY LITERACY

Gretchen Conway, M.Ed.
Caldwell County Even Start

Patsy West, MS
Early Childhood Consultant, Even Start

EARLY HEAD START

Pat Henke
Asheville City Schools Preschool Early Head Start

MIGRANT HEAD START

Consuellis Hawkins-Crudup, MS
East Coast Migrant Head Start

SCHOOL OF EDUCATION, CENTER FOR LITERACY
AND DISABILITY STUDIES, UNC-CHAPEL HILL

Bonnie DiLeone, M.Ed.
Clinical Instructor and Consultant

State and National Expert Reviewers¹

CONTENT SPECIFIC REVIEWS:

CULTURAL DIVERSITY

Pilar Fort, MA
Early Head Start National Resource Center
ZERO TO THREE, Washington, D.C.

EMOTIONAL-SOCIAL WELL-BEING

Melissa Johnson, Ph.D.
Pediatric Psychologist, WakeMed
Health and Hospitals, Raleigh, NC

CHILDREN WITH DISABILITIES

Judy Niemeyer, Ph.D.
Director of Graduate Studies, Department
of Special Education Services, School
of Education, UNC-Greensboro

FULL DOCUMENT REVIEW

Peggy M. Ball
NC Early Childhood Consultant, Raleigh, NC

Loraine Barker-Witkowski
Infant and Toddler Quality Enhancement Specialists
Child Care Resources, Inc., Charlotte, NC

Susan Butler
Infant and Toddler Quality Enhancement Specialists
Child Care Resources, Inc., Charlotte, NC

Deborah Carroll, Ph.D.
Early Intervention Branch Head, Infant
Toddler Program Manager, Division of
Public Health/DHHS, Raleigh, NC

¹ Recognition of the names listed as state and national reviewers indicates each individual's review of the document; however it does not necessarily indicate that the individual endorsed all the content.

Deborah J. Cassidy, Ph.D.

Professor, Human Development and Family Studies, School of Human Environmental Sciences, UNC-Greensboro

Karen Chester

Executive Director, NC Interagency Coordinating Council, NC Division of Child Development, Department of Health and Human Services, Raleigh, NC

Marian Earls, MD, FAAP

Medical Director, Developmental and Behavioral Pediatrics, Guilford Child Health, Inc., Greensboro, NC

Cathie Feild, Ph.D.

Executive Director, North Carolina Association for the Education of Young Children, Raleigh, NC

Suzanne A. Fullar, RN, MSN, MPH

Pediatric Nurse Practitioner, Children's Developmental Services Agency, Western Carolina University, Cullowhee, NC

Patricia Hearron, Ph.D.

Professor, Department of Family and Consumer Sciences, Appalachian State University, Boone, NC

Beverly Hersey

Director, Early Childhood Services, Easter Seals United Cerebral Palsy, Wilksboro, NC

Linda Hestenes, Ph.D.

Associate Professor, Department of Human Development & Family Studies, UNC-Greensboro

Olson Huff, MD, FAAP

American Academy of Pediatrics, North Carolina Partnership for Children, Action for Children Chair, Task Force on Childhood Obesity and the North Carolina Study Committee on Obesity

Jeanine Huntoon

Early Childhood Specialist, Office of Early Childhood, Nebraska Department of Education, Lincoln, NE

Brenda Jones, RN

BC Child and Family Health Manager, East Coast Migrant Head Start Project, Raleigh, NC

Diana Jones Wilson

President, Faith Partners Inc., Raleigh, NC

Marsha Kaufman-McMurray, Ph.D.

Early Childhood Consultant, Roswell, GA

Jody Koon, MS

Program Section Chief, Office of School Readiness, Raleigh, NC

Jonathan B. Kotch, MD, MPH, FAAP

Professor, Maternal and Child Health, UNC-Chapel Hill

Jani Kozlowski, MA

Early Childhood Consultant, North Carolina Partnership for Children, Raleigh, NC

Ronald Lally, MA, Ed.D.

Co-Director, Center for Child and Family Studies, WestEd, Sausalito, CA

The Honorable Paul Lubke, Ph.D.

North Carolina House of Representatives, North Carolina General Assembly, Raleigh, North Carolina, Professor, Department of Sociology, UNC-Greensboro

Tammy Mann, Ph.D.

Deputy Director, ZERO TO THREE, Washington, D.C.

Sandy Newman

Program Chair/Instructor, Early Childhood Associate Degree, Central Piedmont Community College, Charlotte, NC

Judy Niemeyer, Ph.D.

Director of Graduate Studies, Department of Special Education Services, School of Education, UNC-Greensboro

Karen Ponder

Early Childhood Consultant and Former President, North Carolina Partnership for Children, Raleigh, NC

Jane Pope

Family Child Care Association of Wake County, Cary, NC

Julie Renaud

Early Childhood Education and Literacy Specialist, Motherhead, Inc., Raleigh, NC

Lucy Roberts

Section Chief, Primary Education, Division of Elementary Education, Department of Public Instruction, Raleigh, NC

Sally Sloop

Statewide Family Support Coordinator, Family Support Network of NC, UNC-Chapel Hill

Michele Wheeler

North Carolina Training Coordinator, Motherhead, Inc., Raleigh, NC

Pat Wesley

Former Director, Partnerships for Inclusion, Frank Porter Graham Institute, UNC-Chapel Hill

Focus Groups and Pilots

Statewide Infant-Toddler Quality Enhancement Project

Child Care Services Association, Child Care Resources, Inc. and Southwestern Child Development Commission

Caldwell County Child Care Provider Association, Lenoir, NC

Early Childhood Infant and Toddler Teachers and Administrators, Family Child Care Home Providers, Even Start

DCD, Central Region Headquarters and Field Staff, Raleigh, NC

Contract Administrators, Workforce Unit Specialists, Regulatory Licensing Consultants and Supervisors

DCD, Eastern Regional Field Staff, Martin-Pitt Partnership for Children, Greenville, NC

Regulatory Licensing Consultants and Supervisors, Abuse and Neglect Consultants

DCD, Western Regional Field Staff, Hickory, NC

Regulatory Licensing Consultants and Supervisors, Abuse and Neglect Consultants

Davidson County Community College, Childcare Development Center, Lexington, NC

Early Childhood Infant and Toddler Teachers and Administrators

Down East Partnership for Children, Child Care Providers, Rocky Mount, NC

Early Childhood Infant and Toddler Teachers and Administrators, Family Child Care Home Providers

East Coast Migrant Head Start Early Childhood Center, Bailey, NC

Early Childhood Infant and Toddler Teachers, Early Childhood Education Specialist and Regional Manager

Fayette Place Community Center "Granny Group," Durham, NC

Grandparents as Parents Kith and Kin Group, Public Health Nurse

Human Development and Family Studies Child Care Lab, University of NC-Greensboro

Early Childhood Infant and Toddler Teachers and Administrators

Interagency Coordinating Council Professional Education Committee, Raleigh, NC

Meredith College, Family Support Network, Partnerships for Inclusion, Office of School Readiness, DCD and Parent of Child with Disabilities

North Carolina Association for the Education of Young Children 2007 State Conference

Early Childhood Infant and Toddler Teachers and Administrators, Family Child Care Home Providers, Early Childhood Technical Assistance Staff, Higher Education Specialists

North Carolina's Birth-Kindergarten Consortium

Meredith College, Appalachian State University Early Childhood Class

Western Regional Child Care Professionals, Children's Resource Center, Hickory, NC

Children's Developmental Services Agency (CDSA) Early Intervention Coordinator and Supervisor, Family Support Network, Child Care Resource and Referral, Smart Start Early Childhood Technical Assistance Consultant

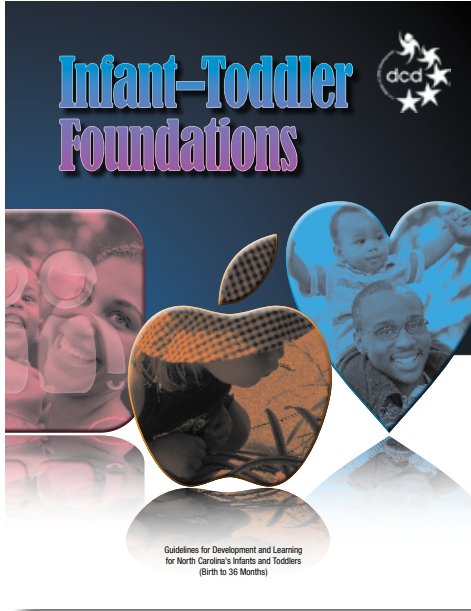
Western Regional Child Care Providers, Children's Resource Center, Hickory, NC

Early Childhood Teachers and Administrators, Family Child Care Home Providers, Criminal Records Check Administrator, Parent Educator



Contents

About this Publication	8
Introduction	11
How to Use These Guidelines	14
Guiding Principles and Practices	15
Frequently Asked Questions	24
Domains of Learning	31
Emotional and Social Development	31
Developing a Sense of Self	32
Developing a Sense of Self With Others	34
Learning About Feelings	36
Health and Physical Development	39
Physical Health and Growth	40
Nutrition	40
Sleep	42
Physical Activity	43
Self-Care	45
Safety Awareness	48
Gross Motor/Large Muscle	50
Fine Motor/Small Muscle	51
Approaches to Learning	53
Curiosity and Eagerness	54
Confidence, Risk-Taking, and Problem-Solving	55
Attention, Effort, and Persistence	56
Imagination, Creativity, and Invention	58
Wonder and Delight	60
Language Development and Communication	63
Receptive Language (Hearing/Listening/Understanding)	64
Expressive Language (Talking/Communicating)	66
Early Literacy	69
Cognitive Development	73
Sensory Exploration & Discovery	74
Social Connections	76
Concept Development & Memory	78
Problem-solving	80
Creative Expression	82
Appendix A Important Milestones	84
Appendix B Resource Information	86
Appendix C Glossary of Important Terms	90
Appendix D Selected Bibliography	94



About this Publication

Infant-Toddler Foundations describes the characteristics, skills, and knowledge we want children in North Carolina to develop from birth to 36 months of age. This publication provides guidelines for the development and learning for ALL infants and toddlers. It is a companion to *Foundations: Early Learning Standards for North Carolina Preschoolers and Strategies for Guiding Their Success* (NC Department of Public Instruction, 2004). Together, these two documents provide guidelines for children's development and learning from birth through age five.

With this publication, North Carolina joins the ranks of states that provide guidelines for young children's development and learning starting at birth. These guidelines are an essential part of our state's early childhood system.

In this publication you will find guiding principles for parents, caregivers, teachers, and other professionals who care for infants and toddlers. There are guidelines for infant and toddler development and learning in five domains. These domains include Emotional and Social Development, Health and Physical Development, Approaches to Learning, Language Development and Communication, and Cognitive Development.

The guidelines are followed by specific strategies adults can use to promote development and learning. There are "Real World Stories" that show how these strategies can be carried out in a variety of settings such as homes and child care classrooms. This publication describes how infants and toddlers develop and learn when they receive high quality care and education. It also describes the experiences that adults need to offer every young child to support development and learning in all areas.

The idea for developing infant-toddler guidelines came from a statewide group of early childhood leaders from across North Carolina. This group participated in a planning grant received by the North Carolina Division of Child Development (DCD) in 2004: the National Infant & Toddler Child Care Initiative @ Zero to Three. The purpose of this grant was to improve the coordination of services among early childhood programs and to recommend needed services for infants, toddlers and their families.

The planning group met for a year and a half. The team joined North Carolina Even Start to develop infant-toddler guidelines for the state. In May 2005, a small task force of early childhood experts began writing these guidelines. By the end of 2005, the Division of Child Development began funding the project and recruited additional specialists from higher education, non-profits, and state agencies to join the group. The objective was to create an accessible resource that caregivers and families could use to guide their daily interactions with the infants and toddlers in their care.

The North Carolina Infant-Toddler Guidelines Task Force worked throughout 2006 and 2007 to create these guidelines.

Task Force members studied research, policy statements, and professional literature about how to support the development of infants and toddlers. We spent many hours reviewing guidelines from other states and crafting language that would be clear and useful to readers.

It was a priority to write guidelines, strategies, and examples that support the care and education for ALL children. This includes children with disabilities, children who live in poverty, children at risk, children from different cultures and backgrounds, and children whose first language is not English. This information was checked for consistency and alignment with other standards that infant-toddler professionals in North Carolina are expected to follow. These other standards include *Foundations* and the Early Childhood Outcome Indicators from the Office of Special Education Programs in the U.S. Department of Education (Early Childhood Outcomes Center,

2005). In addition, we also aligned these guidelines with the West Ed Program for Infant-Toddler Care Developmental Milestones (Lally, et al., 2003).¹

We invited individuals from a wide variety of agencies and professions to give feedback on this document. Program directors, teachers, family child care providers, early intervention professionals, infant-toddler specialists, DCD staff, and families all gave input about what should be included. A total of 158 individuals in 15 focus groups across the state provided feedback on the guidelines. The places where focus groups were held are noted in the front of this publication. In addition to the focus groups, expert reviewers from North Carolina and across the country gave feedback on these guidelines. We are grateful to everyone who contributed to this publication for their support of North Carolina's infants and toddlers and their families, teachers, and caregivers.



“All infants and toddlers” includes children with emotional or physical disabilities, children from different cultures and circumstances, children whose first language is not English, children who have special health care needs, and children who have other special needs of any kind such as the effects of living in poverty, experiencing violence, abuse, neglect, or other family stresses.

¹ Other standards studied include North Carolina's licensing regulations for child care facilities, the *Infant Toddler Environment Rating Scale: Revised Edition* (Harms, Cryer, & Clifford, 2006) and the *Family Day Care Rating Scale* (Harms & Clifford, 1989) used to determine program quality points under the star rating system, and *Caring for Our Children, 2nd Edition* (American Academy of Pediatrics, 2002), which specifies national standards for the health and safety of child care environments.



*A journey of a thousand miles
begins with a single step.*
— Confucius