

COS Cheat Sheet -- Children Over 1-Year Old

**This is not an exhaustive list (inclusion of other information encouraged), nor is every skill appropriate for all ages

Positive Social-Emotional Skills -- *This is how he/she interacts with parents, strangers, and other children. How they communicate feelings and use social language i.e. hi, bye, family names, self-identification.*

- Relationship with family members; who lives in the home; where do they spend most of their time
- Greetings/good-byes
- Eye contact
- Response to name
- Smiling, laughing, and social games
- Showing affection
- Using names of family members, recognizing names of family members
- Behavior away from caretakers
- Behavior around other children; parallel vs associative play
- Use of “mine”
- Pretend play, especially with others
- Music, i.e. favorite songs, dancing, vocalizing, singing

Acquisition and Use of Knowledge and Skills -- *This is how your child learns, shows us what he/he understands, and how he/he uses words to tell us what he/he knows.*

- Learning, analyzing new information, i.e. learn on own via exploration (visual, tactile, oral, banging, etc.), or by watching and learning from others, or both
- Favorite toys; what does play look like
- Problem solving; persistence; response to difficult tasks
- Hand-eye coordination/fine motor; coloring
- Reading, i.e. bring books to others, read on own, turn pages, pointing to ID, verbally labeling, answer questions
- Body parts
- Listening/following directions; 1-step, 2-step, 3-step; in another room
- Non-verbal communication
- Verbal communication (avoid focusing on wants/needs), i.e. imitation, discussing what they see/hear/experience

Using Appropriate Action to Meet Needs *This area talks about how your child uses their body to move around, participate in taking care of themselves, and let you know what they want or need.*

- Gross motor, i.e. walking, running, jumping, climbing, up/down steps;
- Favorite outdoor activities; throw/kick ball
- Meals/feeding, i.e. where do they sit, grazing, favorite foods, pickiness, utensils/fingers/fed by other, cups/straws, letting others know when finished, asking for food/drink/more
- Dressing and undressing
- Potty-training; dirty diaper awareness/communication
- Teeth brushing
- Sleep
- Expressing wants/needs, i.e. non-verbal, verbal, yes/no, choices
- Safety concerns

COS Cheat Sheet -- Children Under 1-Year Old

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Positive Social-Emotional Skills -- *This is how he/she interacts with parents, strangers, and other children. How they communicate feelings and use social language i.e. hi, bye, family names, self-identification.*

- Relationship with family members; who lives in the home; where do they spend most of their time
- Tracks people; looks at faces
- Response to people other than major caretaker
- Smiles and/or giggles for certain people or activities
- Upset when people leave the room or okay on their own for a few minutes
- What makes them upset
- Different cries for different needs
- Calms when familiar person enters the room, talks to them, or picks them up
- Other items/activities that calm them
- Response to reflection
- Response to music – singing/dancing with others, imitating movements or sounds in songs

Acquisition and Use of Knowledge and Skills -- *This is how your child learns, shows us what he/he understands, and how he/he uses words to tell us what he/he knows.*

- Learning, analyzing new information, i.e. learn on own via exploration (visual, tactile, oral, banging, etc.), or by watching and learning from others, or both
- Interest in people vs objects
- Tracking of items and/or sounds
- Specific items or toys of interest/preference
- Imitation of actions or sounds
- Types of vocalizations, any back and forth
- Watches hands/feet
- Reaching for items/toys; success of grasping items they reach for
- Hands loosely fistled or open most of the time
- Bring toys to mouth; moving toys between hands
- Banging toys; shaking toys to make noise; looking for dropped toys
- Handing toys to others when asked (gestures needed)

Using Appropriate Action to Meet Needs *This area talks about how your child uses their body to move around, participate in taking care of themselves, and let you know what they want or need.*

- Gross motor, i.e. tummy time, rolling, neck strength/head position, level of support needed for sitting; crawling; cruising; etc.
- Meals/feeding, i.e. fed where; utensils/fingers/fed by other, bottle/cups/straws, letting others know when finished, asking for food/drink/more; (suck-swallow), anticipation of bottle (at sight, sound, or not until bottle is in mouth), placing hands on bottle, spoon feeding, solids, favorite foods, pickiness, acid reflux
- Sleeping; duration, restlessness, communicating waking up, naps
- Diapering
- Different cries for different needs