

### Ages and Stages of Self-Control – Typical Development

Stage	Core control abilities	How do they communicate needs?	How can caregivers support child needs?
Infancy			
Toddlerhood			
Preschool			
Childhood			

### Ages and Stages of Self-Control – In the Context of Trauma

Stage	Core control abilities	How do they communicate needs?	How can caregivers support child needs?
Infancy			
Toddlerhood			
Preschool			
Childhood			