

# Functional Developmental Level Descriptions



## FDL 1: Self-Regulation & Shared Attention

**\*begins at birth to 3 months**

- Can remain calm and regulated enough to share attention with people
- Can sustain brief episodes of interaction
- Regulation derailed by *Comfort Zone* activities
  - Stimming, scripting, lining up, etc. remove attention
- When you see CZ, child has holes in FDL 1
- Use 'The Rabbit Hole Techniques' to join the child at FDL 1



## FDL 2: Engagement & Relating

**\*begins between 2 and 7 months**

- More sustained attention = engagement
- You call to them and they look—Circles begin!!
- Peek a boo is the classic FDL 2 game
- Key Question: How easy is it to engage the child?
- **This is the 'sweat' level.** The parent/professional has to do the work (i.e. sweat) to keep the child engaged
- Hard to follow child's lead, but you can!
- Watch out for visual activities
- Use Rabbit Hole Techniques



## FDL 3: Intentionality & 2-Way Communication

**\*begins between 3 and 10 months**

- Opening and closing of 6-10 circles
- Key activities: Simple cause and effect games
- Key Question: Is the child initiating?
- We want to 'create a monster' (i.e. child won't leave you alone!)
- This is the 'wait' level. The parent/professional has to wait to see if the child will initiate (i.e. open circles)
- Beginning of understanding routines
- Beginning of first single words



## FDL 4: Social Problem-Solving & Mood Regulation

**\*begins between 9 and 18 months**

- Opening and closing of 10-30 circles
- Solid 4 =Totally 'with us'. Continuous flow of interaction
- Gestural communication along with words. Imitation
- 50+ words
- Follows spontaneous 1 step commands: Go, get, give to. . .
- Feelings more and more organized
- Problem solver! Has his/her own ideas
- 'Little stories': 'Gets' meaningful sequences
- Simple pretend: Phone to ear. Bottle to baby's mouth



## FDL 5: Creating Symbols & Using Words & Ideas

**\*begins between 24 to 30 months**

- Classic two year old communication
- 1-2 word phrases
- What, Where, Who, Actions, Yes/No
  - Not open ended 'What', Why, or When or Pronouns
- One thematic pretend play with adults
- Follows 1-2 step commands.
- Greetings emerging
- Compliance
  - It is not following their lead to follow their lead



## FDL 6: Emotional Thinking, Logic, & Sense of Reality

**\*begins between 36 to 48 months**

- Talking in sentences
- 'Why'. Can recall the immediate past
- Builds bridges between ideas
  - Identifies own and others' feelings
  - Recognizes relationship between feeling, behavior and consequences
- Two thematic play
- Carries on simple conversations
- Peer play established
- Misbehavior as developmental accomplishment