

Observation of well-being and involvement in babies and toddlers

The Scale for well-being

Level	Well-being	Signals
1	Very Low	<p>During the episode of observation the child clearly shows signals of discomfort:</p> <ul style="list-style-type: none"> – Whining, sobbing, crying, screaming etc – Looking dejected/ sad frightened, panicky – Looking angry or furious – Bodily tension: waving arms and/or stamping feet, wriggling, breaking things, hurting others – Thumb sucking, rubbings one's eyes – No reaction to the environment, avoiding contact, withdrawing – Hurting oneself: banging one's head, deliberately falling down on the floor, etc
2	Low	<p>The positive, facial expression and actions indicate that the child does not feel at ease. However, the signals are less explicit than below level 1 or the sense of discomfort is not expressed the whole time.</p>
3	Moderate	<p>The child gives a 'motionless' impression, has a neutral posture. There are no signals indicating sadness or pleasure, comfort or discomfort. Facial expression and posture show little or no emotion.</p>
4	High	<p>The child shows signals of satisfaction (see level 5). However, the signals indicating pleasure are not constantly present in the same degree of intensity.</p>
5	Very high	<p>During the entire observation period there are clear signals indicating comfort, feeling great, enjoying to the full:</p> <ul style="list-style-type: none"> – Feeling happy and cheerful: smiling, beaming, crying out for fun, etc – Being spontaneous, being oneself, being expressive – Talking to oneself, playing with sounds, humming, singing, etc – Being relaxed, not showing any signals of stress – Being open, being approachable for the environment, etc – Being lively, radiating, reacting energetically, etc – Expressing self-confidence and self assurance