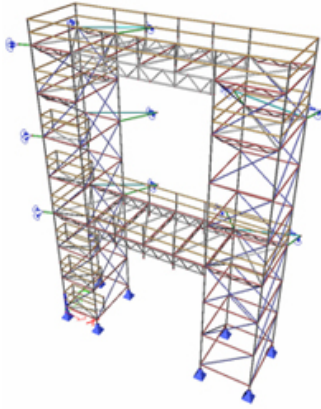


## Zone of proximal development and scaffolding



During CDI children will begin to learn new skills for self-regulation and problem-solving that are beyond what they can do on their own.

Lev Vygotsky, a Russian psychologist who described how relationships facilitate children's learning described the zone of proximal development. Skills in the zone of proximal development are too difficult for a child to do on their own. Children are able to do skills in this zone (just beyond their ability to do independently) with support and encouragement. Your relationship with your child and your CDI skills provide the scaffolding for your child to build skills. Later, they will be able to do these skills on their own.

Troutman, B. (2016), IoWA-PCIT, Unpublished manuscript.