

Take Home Tips

Early Learning

For Providers – Providing Structure/Routines

Children thrive in a well-ordered and predictable environment, where daily routines such as arrivals and departures, mealtimes, nap times and toileting are dealt with consistently by all caregivers. The challenge is to develop appropriate daily routines for children which offer them a sense of consistency and security, yet remain flexible and responsive to the individual needs of each child.

Daily Schedule

- Create and follow a basic daily schedule.
- A schedule can help ensure the consistency that young children need.
- Provide a healthy balance for children, between group times and more solitary moments, quiet and noisy activities, indoor and outdoor play.

Transitions

- Well organized transitions help make the day run smoothly.
- Allow enough time for children to make the transition gradually.
- Warn children in advance that a transition is coming.

Attachment

- Practice listening and paying attention to what the child is telling you – be sensitive to his cues.
- Pay attention to your own verbal cues and body language.
- Talk to babies, even though they may not be speaking yet.
- Don't rush through daily tasks.
- Establish routines based on each individual children's needs.
- Hold babies during bottle feeding to develop warm, nurturing relationships with them.
- Encourage children to taste everything but be careful not to force them to eat.



Eating

- Children eat at their own pace and some eat more than others do.
- Avoid tying food together with behavior either as a reward or a punishment.
- Eating should be a shared and cooperative experience with foods served family style. Meals should be a time to chat, enjoy and help each other.
- Mealtimes are opportunities for children to be independent by making choices about foods.
- Encourage children to taste everything but be careful not to force them to eat.

Nap Time

- Create a relaxed and quiet rest time.
- Create a restful mood for children by reading quietly, playing soothing music and rubbing backs.

Toileting

- Do not rush children into using the toilet. The right time depends on each child's physical and emotional readiness.
- Ask families to dress their child in clothing that the child can remove herself. Also, be sure there are plenty of extra clean clothes available for the child.
- Keep the toileting experience positive and relaxed. Toilet learning is closely associated with how a child feels about himself and we never want to punish, humiliate or push children or compare their progress.
- Comment favorably when a child is successful. Never display disappointment in a child who is not successful.
- Handle "accidents" in a calm, matter-of-fact manner and reassure the child that he has done nothing wrong.
- Careful sanitation procedures are a must. Each child's and adult's hands should be washed thoroughly after each attempt.

Source: PBS. It's the Little Things.

Retrieved from: <http://www.pbs.org/wholechild/providers/little.html>