Reflective Exercise: Building Relationships with Families

Think about an infant or toddler in your care. Take a moment to identify the important relationships in his or her life.

- Who are the important people in the life of this infant or toddler? How does he or she benefit from each of these relationships? How can you tell?
- Think of some specific ways that you, as the child’s caregiver, support these important relationships.

Ask yourself the following:

- How can I be more welcoming to the child’s family members so they feel comfortable sharing information about their child with me?
- How can I communicate more frequently to the child’s family members about the things their child does while in my care?
- How can I sensitively share about children’s growth and their developmentally appropriate struggles?
- How can I ask for more information about the child’s life outside of school?
- How can I learn more about the family’s culture, traditions, and home language so that I can reinforce the important connections between the child and his or her family?
- How can I learn about how the family engages in caregiving routines with the child (for example, feeding, diapering, and sleeping routines)?
- How can I learn about the family members’ goals for their child so that I can plan experiences that support those goals while their child is in my care?
- How can I model warm, responsive caregiving with this child and his or her family?
- How am I supporting positive parent-child interactions?