



Reflective Exercise: Your Interactions with an Infant or Toddler in Your Care

Think about an infant or toddler that you cared for today. Did you connect with this child in a way that was meaningful to you? How did you know it was meaningful? Often if a positive experience is meaningful, you remember it later, you have an emotional response, and you may have the desire to repeat the experience. If you are not sure, or if your answer is “no,” ask yourself the following: What can I do to make meaningful connections with this child tomorrow?

Carefully consider each of these questions and find ways to adjust your own practice to ensure you are doing what is most important each day—spending time building quality connections with children.

What I Can Do to Support Meaningful Connections

- ◆ How can I slow down and make a conscious effort to be fully present when I interact with the child?
 - What can I do to clear my mind of all other distractions so that my focus is only on this child?

- ◆ How can I make time for cleaning and other housekeeping tasks when children are not present?
 - Are there tasks that I can do when children are asleep, before they arrive, or after they leave for the day?

 - How can I arrange with someone else to trade off certain tasks so that I can spend more time with this child?

 - Are there appropriate ways to include children in any of the tasks I need to do?



- ◆ How can I focus on the needs of this child as an individual and still consider the needs of the group?
- ◆ How can I slow down and make a conscious effort to be fully present with the parent(s) in order to learn more about them personally and about their child?

My Plan to Support Meaningful Connections

Name two things you will do next week to be more attentive, aware, and responsive in your interactions with this child.

- 1.
- 2.

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