Responsive Routines,

Creating Capable, Confident, Competent Toddlers

- Discuss the correlation between social emotional well being, Capability and confidence in toddlers.

- Describe the importance of addressing social emotional development
Agenda

- *setting the stage.
- *Social emotional climate in infant toddler care settings.
- *high quality supportive environments.
- *targeted strategies to build social emotional skills.
- *wrap-up, reflection and action planning.
Activity: Getting to Know Each Other

- *write the numbers 3, 2, and 1 in vertical fashion on a piece of paper
- *next to the 3 – list three personal qualities/characteristics that help you in your work with young children
- Next to the 2-list 2 things that you hope to share with others during today’s session
- Next to the 1- write one factor that contributed to you being her today
Learning Objectives

- Discuss why it is important to pay attention to the social and emotional climate of infant and toddler settings.
- Describe the importance of caregiver routines and identify strategies for using them to support social emotional development.
- Identify key ways the physical environment can promote confident infants and toddlers by supporting their social emotional development.
- Identify and implement target strategies to intentionally build social emotional skills in infants and toddlers.
- Support families in promoting routines environments and target strategies that promote social emotional development.
How Caregivers Promote Healthy Social Emotional Development

- Support social emotional wellness in ALL infants and toddlers
- Prevent the occurrence of or escalation of social emotional problems
- Identify and work to remediate problems
- When necessary refer children and families to appropriate services
Definition of Social emotional development

- The developing capacity of the child from birth through five ....

- To form close and secure relationships;
- Experience, regulate, and express emotions in socially and culturally appropriate ways; and
- Explore the environment and learn;
- All in the context of family, community, and culture.

Adapted from Zero to three, 2001
Activity: What does Social Emotional Climate mean to you?

- Utilize Hand Out 2.7 in your packet
Supporting the Social Emotional needs of Infants and toddlers

- What are?
- Responsive care (individualized approaches)
- Primary caregiving
- Small group and ratios
- Continuity of Care

Why are they important to social emotional development?
Strategies to promote Continuity of Care

- Child remains with care giver as long as possible
- If child must change care givers
- Child visits new care giver and space overtime
- Child maintains relationships with previous teachers
- Child visits with previous care givers
How Schedules and Routines Support Social Emotional Development

- They are an important part of each day
- They meet the children's basic needs
- They provide opportunities for learning and development
- They help develop a sense of security and control
- They provide predictability
- They support competence and confidence
Using routines to support social emotional development

- Post pictures or photo schedules
- Review and acknowledge when a toddler shows understanding of the routine
- Include children in routines
- Ask families about their routine at home
Activity: Handout 2.8 Responsive Routines Inventory

- Evaluating the responsiveness of your routine and schedules
Strategies to support routines for infants and toddlers

- Use first/next or first/then words
- Display an item, such as a new toy, photo or plant that children and families can explore together during arrival
- Involve children in routines – for example, invite toddlers to help pass items to the next person during mealtimes
Strategies to support greeting and goodbyes

- Designate a special arrival/goodbye area of the room
- Use family photos
- Allow and encourage transitional or comfort objects
- Develop rituals
- Games
- Books
Responsive Environments

- Caregivers....
- Offer what infants and toddlers see, touch, hear, smell, and taste
- Decide how much fresh air, sunlight and exercise young children will get
- Create engaging, supportive, and comfortable physical environments
- Choose appropriate toys, materials, and activities

....all of which make up learning experiences for infants and toddlers
A well-designed Infant/ Toddler Environment

- Supports and encourages social emotional needs, responsive care from adults, and peer relationships
- Is developmentally appropriate and age appropriate
Activity: Infant and Toddler Environments Planning Document

- Handout 2.9
Target Strategies to build Emotional Literacy

What is emotional Literacy

- It is the capacity to:
  - Identify, Understand and express emotion in a healthy way
  - Recognize, label, and understand feelings in self and others

Adapted with permission, cradling literacy; 2007
Strategies for developing Emotional Literacy in Infants and Toddlers

- Verbally acknowledge and label emotions expressed by children in care
- Assist infants and toddlers with regulating their emotions
- Talk about the fact feelings can change
- Use questions about feelings to see if and how a child responds
Group Activity: Emotional Literacy
Scenarios and strategies

- Use the cards and list of scenarios to complete the activity in small groups
Activity: Using Books to Support Social Emotional Skills

- Each person read at least three books
- Pick a book to share with the small group
- Talk about how you would use the book with the child you work with
- As a small group, make a list of the feeling words in the book or feeling words you would use to enhance the book for infants and toddlers
Building Social Skills

- Review hand out on Play Skills
- Promotion of Friendship Skills by encouraging toddlers to help each other and do routines together, provide positive verbal support for play between children, read books about friendship, and practice turn-taking and sharing.
Activity
Handouts 2.13 & 2.15

- Choose a child in your care about whom you have a concern regarding the child’s social relationships with other children
- Discuss the child’s strengths, temperament and developmental needs
- Create strategies to target this child’s social development
Wrap up, Reflection and Action Planning

- What strategies did you see or hear that might be useful in your role and work?
- What insights, if any do you have about your own practices, the children and their families?
Activity: Planning for Change
Handout 2.16

- Use the handout to develop an action plan for yourself
- List three things you will do as you consider ways to design supportive environments
Message to take Away

- Supporting social emotional skills requires intention
- Caregiving routines are primary opportunities to enhance social emotional skills
- The physical environment, particularly in group care, plays a major role
- Social Emotional literacy is a prerequisite to more advanced social skills and for the continued development of confident, competent children.

Some workshop materials utilized are courtesy of The Center on Social Emotional Foundations for Early Learning.