

Enriched Caregiving

Care + emotion + learning = enriched caregiving

An important activity, across the whole day that is continually repeated.

Lets get started ➤

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Each routine or activity
of the day can include
care, emotion and learning.



Your day has many routines.

Getting up in the morning
Getting dressed or undressed
Diapering and toileting
Washing hands and face
Eating and mealtime
Going to the supermarket
Taking a nap
Doing the laundry
Cleaning up the house
Taking a bath
Going to bed at night

You can help your child learn during all these times.

**You probably already do
many good things to help
your children learn.**

***A lot of these happen
during caregiving.***

You talk about the child's feelings

You name colours

You say what will happen next

You ask your child to count things

You use rhyming words

You tell the child the names of things

You let your child solve problems

**WAKING
UP**

ACTIVITY 1

Make up a silly song or rhyme about getting up.



ACTIVITY 2

Name events in order.



GETTING DRESSED

ACTIVITY 3

Let him make a choice.

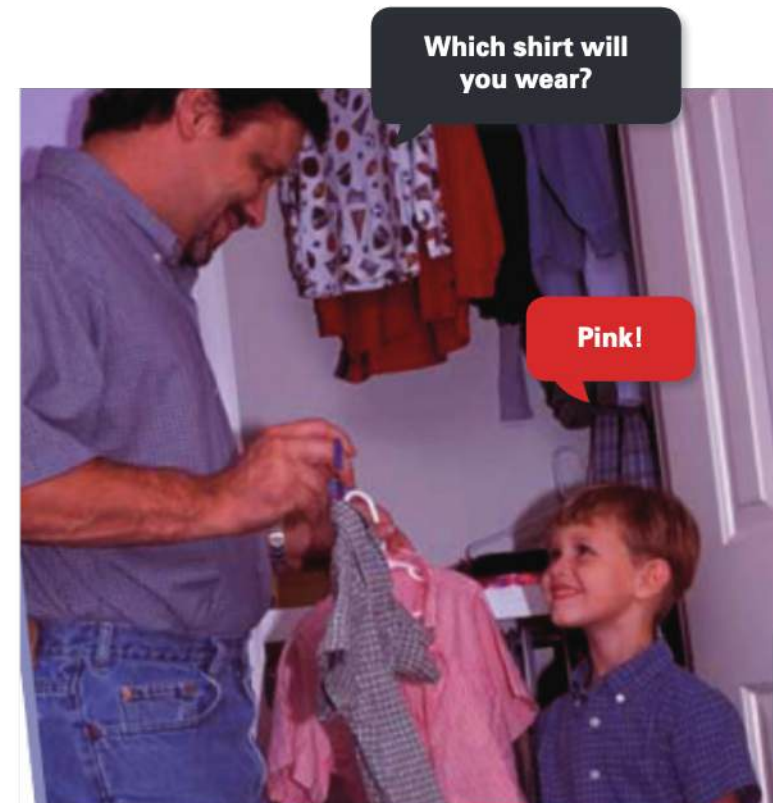


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ACTIVITY 4

Tell your child that you notice what he is doing.



Pants. These are your pants.

ACTIVITY 5

Talk about or ask about texture and colours.



What colour is this shirt?

ACTIVITY 6

**Count things while dressing.
2 socks, 2 sleeves, 2...**



1 leg, 2 legs...

Count larger numbers (buttons, pockets, stripes)

ACTIVITY 7

**Point out large letters
and words on clothes.**



Look! D-A-D. That
spells "Dad."

EATING AND MEALTIMES

ACTIVITY 8

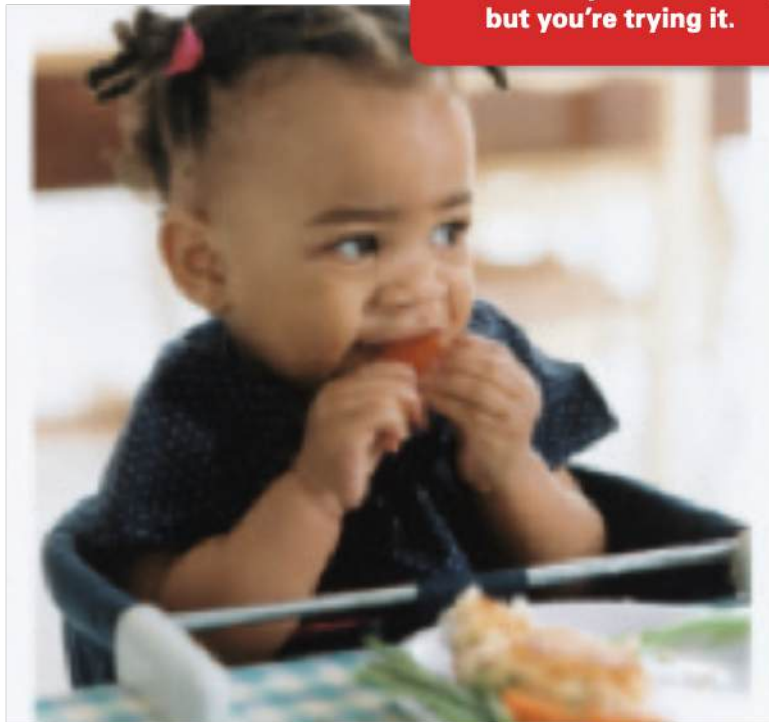
**Name and talk about:
food, cup, spoon.**



**You're eating out
of your spoon.**

ACTIVITY 9

Talk about feelings and opinions.



That's not your favourite,
but you're trying it.

ACTIVITY 10

Give age-appropriate responsibilities.



You did a good job
putting out the spoons.

ACTIVITY 11

Name the foods.

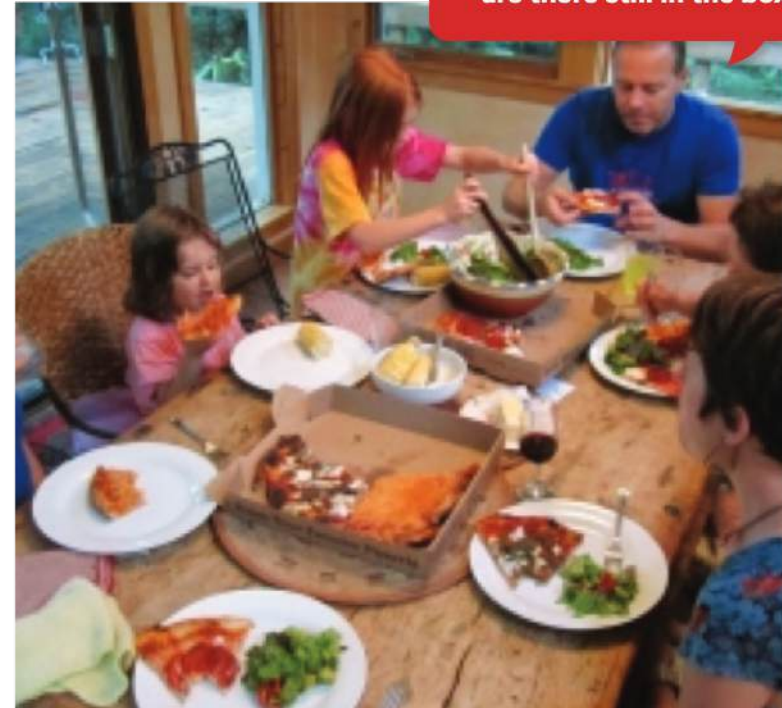
You're eating
fettuccini.



ACTIVITY 12

Count things. Let older children help younger ones.

How many slices of pizza
are there still in the box?



**What other things could children count
at meals or at snack time?**

ACTIVITY 13

When you have time, show your child how to do some of the fun parts of cooking.

**You're pouring carefully.
Thanks for helping!**



**BATHING
OR WASHING**

ACTIVITY 14

Talk about how things feel.



**The soap feels
slippery.**



**The water feels
splashy!**

ACTIVITY 15

**Name the things your child
plays with in the bath.**



**You found a toy. Is
it an orange toy?**

ACTIVITY 16

Talk and ask about body parts.

Where are your
ears? There
they are.



Now your
chin will be
clean.



ACTIVITY 17

Make jokes. Talk about funny things!

You're wearing a
pointy bubble hat!



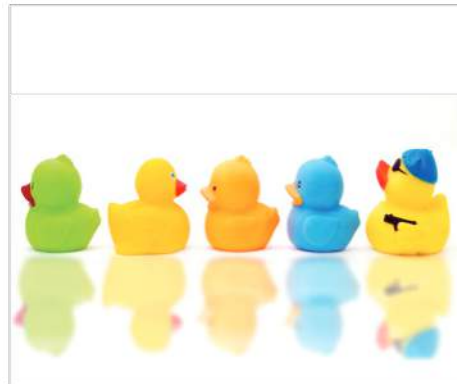
ACTIVITY 18

Count things.

How many kids
are in the bath?



Let's count
the bath
toys.



Ask yourself: Am I doing these things?

I give my children information about what is happening in care routines
("We are going to...")

☐

I explain processes during care routines (first-next-last)

☐

During care, I help my children learn about:

☐

- Colours
 - Sizes and shapes
 - Emotions
 - Cooperation
 - Counting
 - Rhyming
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