

Child Care & Development



What is Childcare?
Does this count?!?



Do you have younger siblings?

Do you ever babysit?

**Do you like taking care of
and learning about kids?**

If you answered yes to
any of these questions...
YOU are a caregiver!

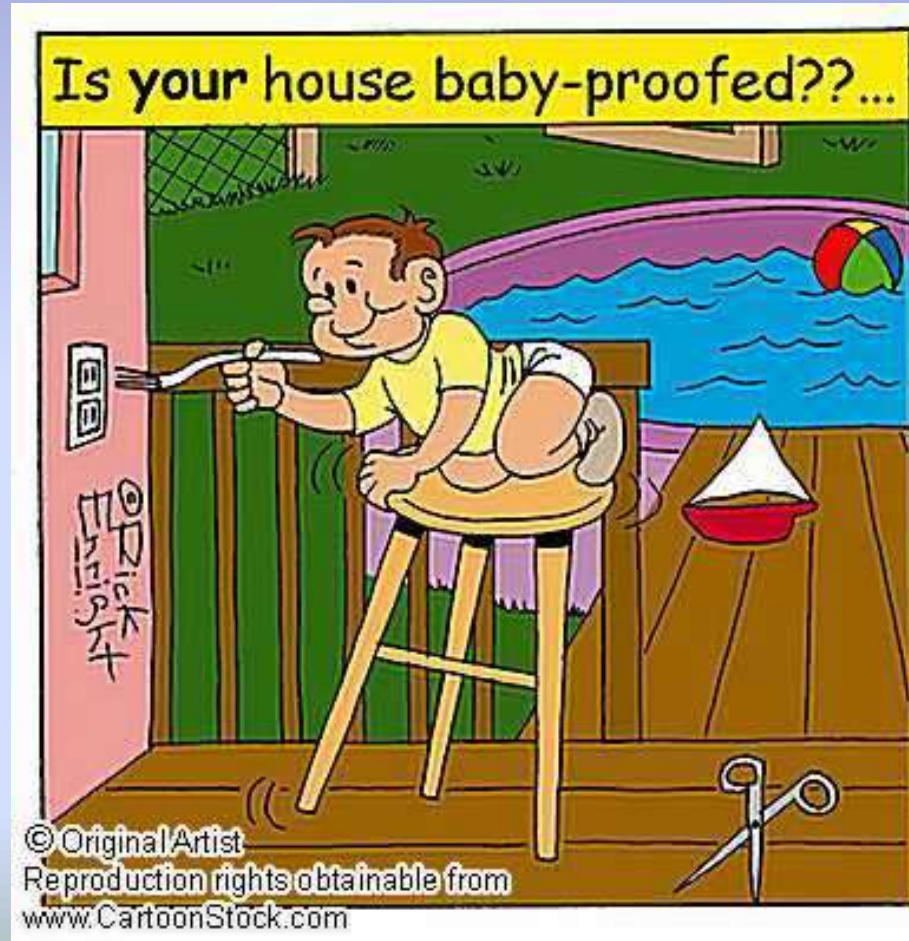
What is a Caregiver?

- A person who meets the many NEEDS of children
- They help prevent HARM or INJURY
- They help provide an environment that fosters GROWTH (mentally, physically and socially)



Responsibilities of Caregivers

1. Provide a Safe Environment
 - a. Keep children free from physical and emotional harm
 - b. Keep unsafe objects locked up or out of reach
 - c. Correct any potential dangers around the house (Baby-Proofing)
 - d. Take Safety Precautions



2. Provide Basic Needs

- a. Nutritious Food and Water
- b. Shelter
- c. Appropriate Clothing
- d. Warm Bed
- e. Medical Care as Needed
- f. Space

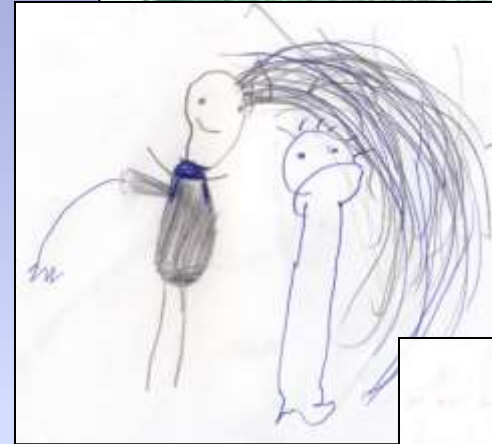


3. Provide Self-Esteem Needs Is This What I Mean?...



3. Provide Self-Esteem Needs

- a. **Accept the child's** uniqueness and respect their individuality
- b. Encourage and motivate them in everything they do
- c. Notice and praise the **child's achievements**
- d. Set expectations that are realistic and age-appropriate



4. Teach Morals and Values

- a. Honesty
- b. Respect
- c. Responsibility
- d. Compassion
- e. Patience
- f. Sharing
- g. Forgiveness
- h. Generosity



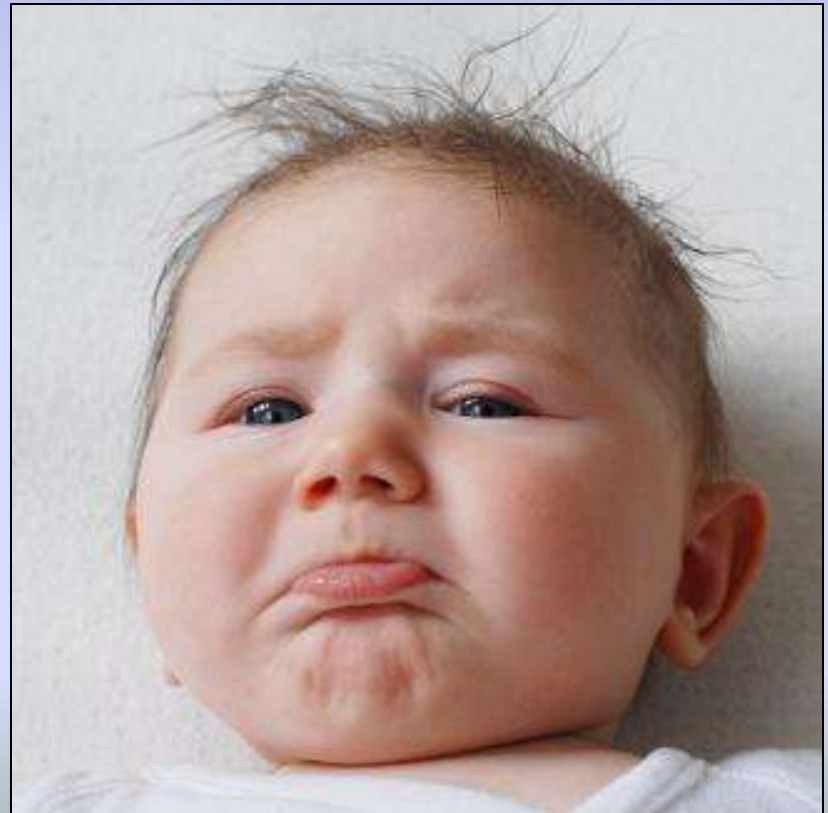
5. Develop Mutual Respect

- a. Use respectful language
- b. Listen to them
- c. Respect their feelings, opinions, privacy and individuality



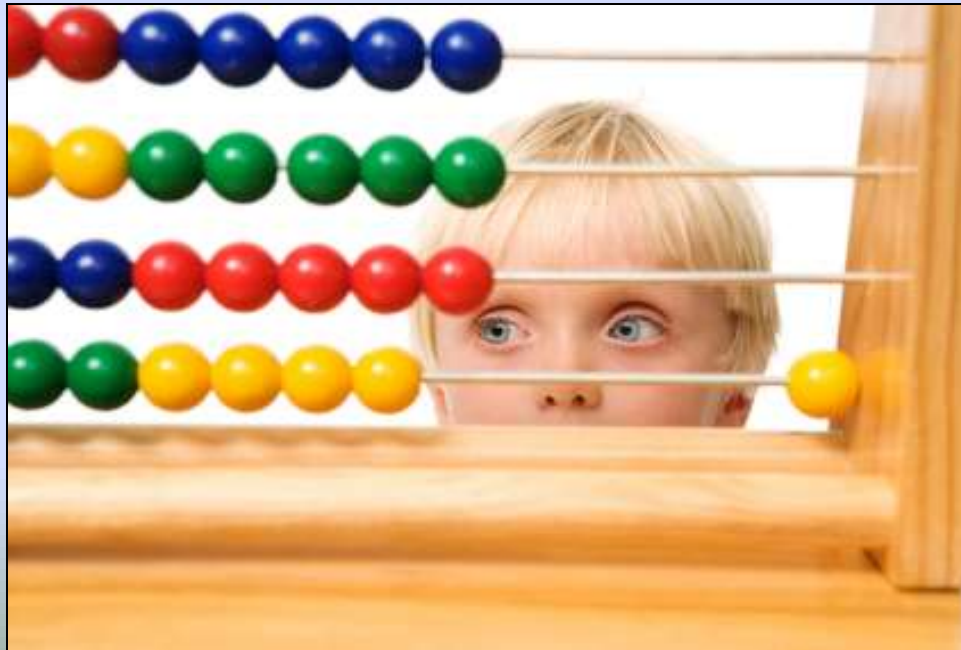
6. Provide Appropriate Discipline

- a. Discipline is NOT punishment!
- b. The purpose of discipline is to teach
- c. Discipline is:
 - Structured
 - Consistent
 - Predictable
 - Fair



7. Provide and Encourage Education

- a. **Education doesn't just happen in school!**
- b. Encourage lifelong learning
- c. Foster learning opportunities through discovery and exploration



8. KNOW THEM!

- a. Spend quality time together
- b. Ask questions
- c. Communicate.....
communicate.....
communicate!



Caregivers are NOT Responsible for...

1. Providing designer clothes and shoes
2. Picking up after or cleaning for the child
3. Providing cell phones, TV, games, computers or entertainment
4. Maintaining an unlimited supply of treats chips, sodas, etc.

Get the picture?

Your Caregivers

Take a minute and think about YOUR parents and caregivers:

How have they met your needs?

What have they sacrificed for you?

Have they provided any “extras” for you?

If they were here, what would you say to them?

Will this affect how you act in the future?

Child Development

Before you can become a successful caregiver, you must know a thing or two about Child Development.

- Child Development: how a child becomes able to do more complex things as they age.
- Development is measured through specific milestones.
- Milestones are a set of skills or tasks that most children can do at a certain age.
Remember, though, that every child is unique!

Milestones

- These developmental milestones are broken into 4 categories:
 1. Physical Development
 2. Cognitive/Thinking Skills
 3. Social & Emotional Development
 4. Communication Skills

SAFETY FOR CHILDREN



When you are the caregiver,
YOU are completely responsible
for the child at all times!

It is essential to know what to
do in times of emergency
BEFORE the emergency arises.

TEN TIPS FOR SAFETY

1. Never leave a small child ALONE at any time.
2. Keep the child away from ELECTRICAL equipment or HOT objects.
3. Keep GATES closed or have a barrier across the top of stairs.
4. Keep dangerous OBJECTS out of children's reach.
5. Do not let children RUN around with SHARP objects.
6. Keep pot handles turned to the inside or CENTER of the stovetop.
7. Keep children away from WATER unless supervised constantly.
8. Teach children how to USE their toys safely.
9. Teach children to PICK UP their toys when they are finished playing with them.
10. Teach children to stay out of the STREET.

CONFUSED CATHY

In small groups, take turns reading about "Confused Cathy".

Be prepared to share and discuss how Cathy performed as a caregiver.

You can highlight or circle examples on your story sheet.

WHAT SHOULD YOU DO IF...

Unfortunately, uncontrollable crying is the number one factor that leads to child abuse by a care giver.



When Infants Are Crying, Remember.....

- They are too young to understand requests.
- You are there to *help* the baby stop crying. You cannot *make* a baby stop crying.
- Just because it is night does not mean the baby turns off or switches to your schedule.
- Check to make sure the baby's basic needs are met.
- When caregivers are tired, they are at a higher risk of losing control.

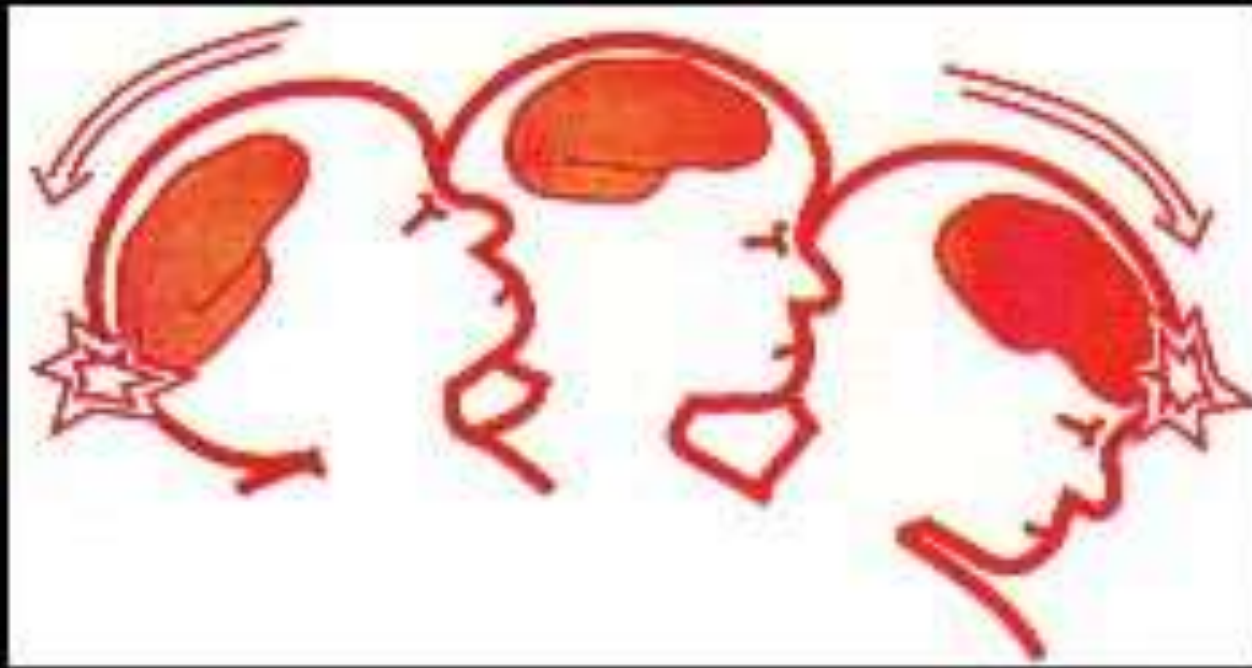
NEVER EVER

SHAKE A

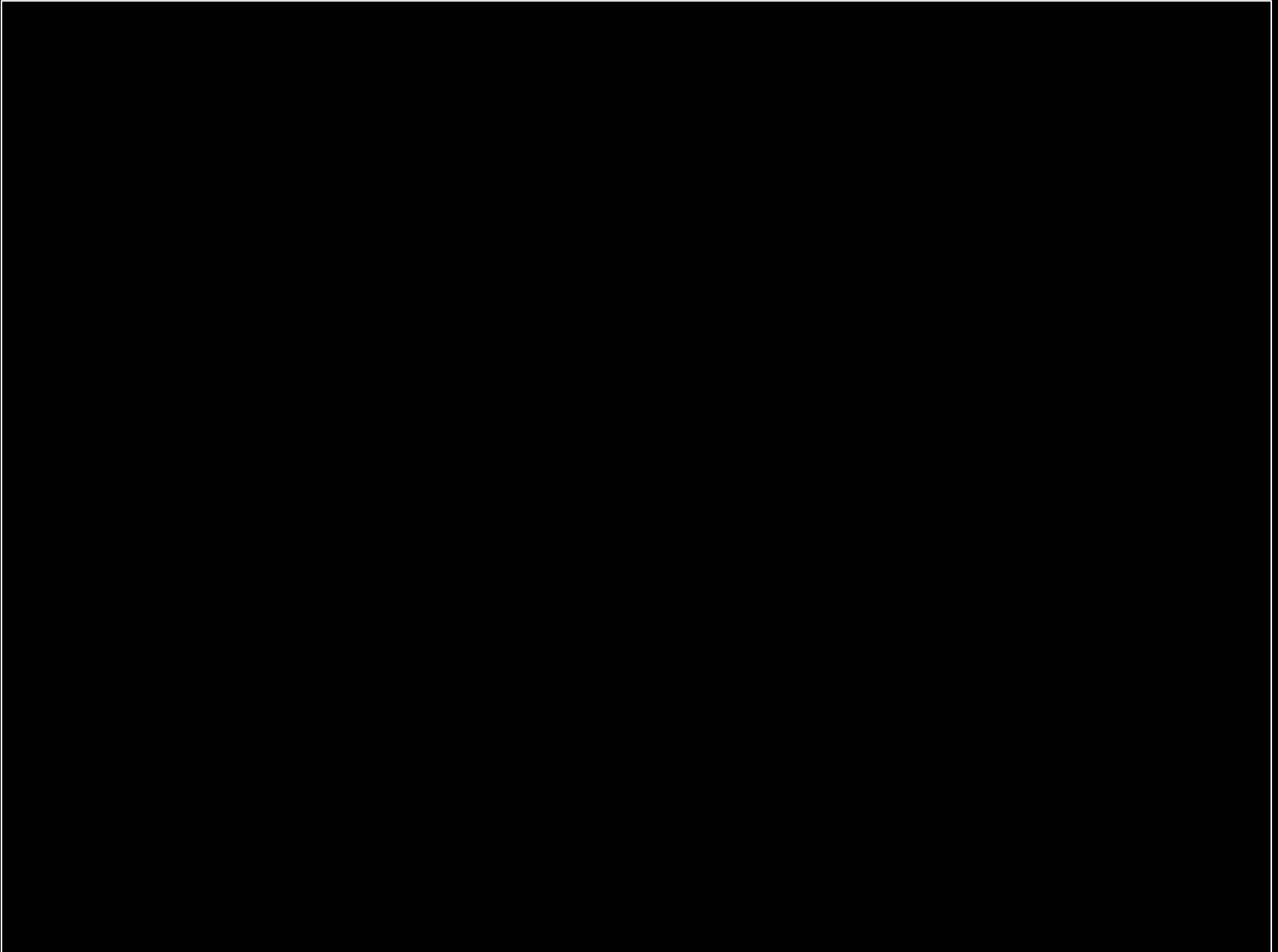
BABY!!!!

**This could cause Shaken
Baby Syndrome (SBS)**

When a young child is shaken, the head whips back and forth, slamming the brain against the hard skull, causing bruising, bleeding and swelling inside the brain.



The consequences could be DEADLY...



Tips to Coping With Crying

- **Walk with the baby**
- **Rock the baby.**
- **Dance with the baby.**
- **Bounce the baby gently in your arms or on your knee.**
- **Take the baby for a stroller ride.**
- **Take the baby for a ride in the car.**
- **Let the baby sit in a baby swing.**
- **Provide white noise for the baby (radio, vacuum, TV, etc.)**
- **Divert the baby's attention with a toy.**

Tips to Coping With Crying

- **Sing to the baby.**
- **Wrap the baby snugly in blankets (swaddling).**
- **Feed the baby.**
- **Burp the baby.**
- **Give the baby a pacifier.**
- **Turn off the lights and gently rub the baby's back.**
- **Let someone else tend the baby for awhile.
(Call a friend for help.)**
- **Turn on the TV so the baby can look at it for a few minutes.**

Tips to Coping With Crying

- **Take the baby outside for a breath of fresh air.**
- **Turn on a music mobile or music box.**
- **Change the baby's diaper.**
- **Give the baby a warm bath.**
- **Hold the baby close so they can hear your heart beat.**
- **Make sure the temperature of the room is comfortable.**
- **After checking to make sure the baby is not hungry, wet, or in danger, place him or her in the crib, close the door, and call a friend to talk for a minute. Be sure to check the baby at least every 10 minutes.**

Careers Related to Child Care and Development

Preschool Teacher



Elementary School Teacher



Special Education Teacher



Child Care Provider



Pediatrician



Social Worker



Child Psychologist



School Counselor

