

9 tips on how to

>>> follow the Child <<<

1. give freedom of movement`

for newborns and babies | find time every day from birth to let them move unrestricted on the floor

for toddlers | create a "yes" space where they can be free to play independently and safely

Describe what has happened: "You put your books on the shelf!"

2. give feedback to build self-esteem

instead of simple phrases like "good job", "no no no", "bravo", "stop it" we can describe the situation to help the child understand their praise-worthy behaviour and their behaviour which might be inappropriate.

3. when they lose control, be their calm

Tantrums are the way toddlers say "I have lost control, please help me to calm down." They are not personal attacks on you.

4. respect their struggle

Even when their activity doesn't seem sensible, trust their inner teacher. Step back and observe their state of concentration, watch their expressions and their movements and see them learning.

"I'm going to wipe your nose now. 3-2-1"

5. tell them what you are going to do before you do it

This helps the child to anticipate what is going to happen to them and collaborate with you.

6. give demonstrations, rather than dictations

Giving the child something and telling them what to do with it isn't very clear to the child. Show them slowly what you do, then let them try. Don't step in until they look to you for help.

7. count to 10 before stepping in

In a safe situation, there is usually no need to rush in to solve their problem. Often if we wait, they will find the easiest way within their abilities to accomplish something.

8. let them use their own hands

Literally moving the child's hands sends the wrong message that they can't do it themselves. An easy reminder is, "if their hands are on the material, my hands are off."

"Would you like to put on your yellow pants or blue pants?"

9. give 2 real options, and let them choose

This teaches self-awareness, reflection, and decision making. It makes collaboration SO much easier, letting them know that you respect their choice while being able to provide appropriate options.

