

# OBSERVATION

the secret ingredient that enables you to best support your child's development

## 1. WHY IT'S IMPORTANT

>>> In a rich environment, without obstacles, children educate themselves.

>>> Anyone can gain knowledge from a book, article, paediatrician – but through YOUR observation of YOUR baby, you can apply this knowledge specifically to them.

>>> If we listen to and watch the child with curiosity, we can learn something new from them every day.

## 3. HELP WHEN NEEDED

>>> Your instinct will be to jump in and help when you hear them struggle with a task. Instead, wait to see if the struggle turns into a cry for help or if they figure it out alone.

>>> Keep in mind that sometimes, hard work takes a lot of effort. and that completing a hard task creates a great feeling of pride around it.

>>> While watching your child play, keep an eye out for things that might unnecessarily cause frustration.

## 5. ALLOW FOR CONCENTRATION

>>> When your child is playing or engaged in a task, observe if they are concentrating.

>>> When your child begins to concentrate, try quietly retreating and continue to observe from a distance until they are finished or ask for help. (As an added bonus, you might get some time for your own activity!)

>>> When life allows, give them all the time they need to explore, repeat, and explore again.

>>> Remember that he has his own process and that this activity is fulfilling a need within him.

>>> Often, if you let your child work to completion, you will observe a sigh of satisfaction. They will look to you as if to say, "That was fun. What's next?"

## 2. REMOVE OBSTACLES

>>> Are his sleeves too long and inhibiting him when he tries to put a peg into a hole? Rolling his sleeves could solve the problem.

>>> A baby is just learning how to slither by pushing her toes on the floor. Are socks or a blanket underneath causing her to slip?

>>> For a toddler learning how to zip his coat independently, holding onto a tiny zipper may be too challenging. Add a loop of yarn to the zipper to give him the handle he needs to be successful.

>>> A young toddler may be unable to string beads when all the beads, string, and tray are on the table; clearing the table of everything except the string and one bead may allow him to focus and accomplish his goal.

>>> Babies and toddlers don't attribute failure to long sleeves or a messy table but rather to their own abilities.

>>> Setting your child up for success allows them to grow their confidence, while practicing and building abilities.

## 6. CHOOSING TOYS

>>> Your child may seem uninterested in a toy if it is too simple or too challenging, OR if they are working hard on developing another skill.

>>> A child who is just starting to walk will likely not want to sit down to play, but prefer pushing a wagon.

>>> A baby who is uninterested in a toy may look away or fuss, while a toddler may throw it.

>>> Toys that are not being used often should be rotated off the toy shelf and reintroduced later to reignite interest. This extends the toy's lifetime value and promotes your child's desire to repeat, practice, and further their skills.