Enriched Caregiving

Care + emotion + learning = enriched caregiving

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

Let's get started

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

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.
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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
**ACTIVITY 1**

Make up a silly song or rhyme about getting up.

**ACTIVITY 2**

Name events in order.

Now we’re getting up. Then we’ll go to Aunt Mary’s. Then we’ll go shopping. Then we’ll come home.
ACTIVITY 3

Let him make a choice.

Which shirt will you wear?

Pink!

**ACTIVITY 4**

Tell your child that you notice what he is doing.

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**ACTIVITY 5**

Talk about or ask about texture and colours.

- Pants. These are your pants.
- What colour is this shirt?
ACTIVITY 6

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

ACTIVITY 7

Point out large letters
and words on clothes.

Look! D-A-D. That
spells “Dad.”

Count larger numbers (buttons, pockets, stripes)
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?
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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?

<table>
<thead>
<tr>
<th>I give my children information about what is happening in care routines (&quot;We are going to…&quot;)</th>
<th>☐</th>
</tr>
</thead>
<tbody>
<tr>
<td>I explain processes during care routines (first-next-last)</td>
<td>☐</td>
</tr>
<tr>
<td>During care, I help my children learn about:</td>
<td>☐</td>
</tr>
<tr>
<td>• Colours</td>
<td></td>
</tr>
<tr>
<td>• Sizes and shapes</td>
<td></td>
</tr>
<tr>
<td>• Emotions</td>
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<td>• Cooperation</td>
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<td>• Counting</td>
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<td>• Rhyming</td>
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