

Step 1 Essential Trainings

Child Growth and Development: Physical, Cognitive, & Social Emotional: Infants



Checklist of Practice

| Always | Sometimes | Not Yet | Caregiver Strategies: What they look like in practice |
|--------|-----------|---------|---|
| | | | 1. Respond positively and promptly when child indicates need (for food, diaper change, blanket). |
| | | | 2. Children are provided with a safe and comfortable sleeping environment. |
| | | | 3. Limit the amount of time babies spend in devices which restrict movement (baby swing, car seat or carrier, bouncy seat, highchair, etc.). |
| | | | 4. Time is provided daily for babies to move freely on the floor in a safe environment. |
| | | | 5. Respond to each child's sensory cues (recognize when child or children are bored and provide stimulation or when a child or children are overstimulated, lessen the environmental stimulus). |
| | | | 6. Materials and objects of various textures, shapes colors, smells, and sounds are provided. |
| | | | 7. Respond consistently and promptly to each child's cries and needs for comfort, reassurance, and to celebrate accomplishments. |
| | | | 8. Develop and maintain consistent daily routines following the children's lead for feeding, sleeping, and playing. |
| | | | 9. Prepare children for transitions with verbal cues ("It's almost time to go!"). |
| | | | 10. Create a safe, secure, and attractive environment for children to explore toys, books, and caregiver. |
| | | | 11. Respond to and initiate play with each child during the course of everyday routines (diaper changing, feeding, dressing). |
| | | | 12. Sing songs, say rhymes, look out the window, and show picture books while baby is alert and interested. |
| | | | 13. Expose children to make-believe stories and songs from a variety of cultures. |
| | | | 14. Provide props and opportunities for imaginative play. |

