

Step 1 Essential Trainings

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



Checklist of Practice

Always	Sometimes	Not Yet	Caregiver Strategies: What they look like in practice
			1. Safe equipment that vary in skill levels is present, available, and in good repair (tricycles, tires, hoops, balls, balance beam, and climbing equipment).
			2. Stimulating and restful activities are balanced throughout the day.
			3. Opportunities, materials, and supervision for child to participate in a broad range of fine motor activities (Tying, buttoning, and beading; variety of writing and art supplies; scissors, playdough, etc.) are available throughout the day.
			4. Describe child's efforts as they practice new skills (regardless of outcome or product) rather than offering empty praise ("You are working so hard to balance on that beam. You balanced for 7 steps today!" versus "Good boy/girl!").
			5. Food is offered at least every 3 hours.
			6. A variety (textures, shapes, temperatures, sizes, and colors) of nutritious foods are provided.
			7. Children are not forced to eat.
			8. Children have opportunities to make choices.
			9. Children are given time to solve own problems before adults intervene.
			10. Books and stories about children in cooperative situations and successful conflict resolution are read during large group, small group, or individually.
			11. Providers engage children in conversations to make decisions and find solutions.
			12. Expression of emotions are never stereotyped by adults ("You're a big boy. Big boys don't cry.").
			13. Children are encouraged to experiment and play with letters.
			14. Limit children's screen time (television, movies, computer time) to no more than 30 minutes of quality children's programming each week.

