



Quality ChildCare

For Registered Home-Based Providers

LEARNING TO GROW ★ WINDWARD COMMUNITY COLLEGE

Vol. IX, No. 7

10 Hallmarks of Quality Child Care

- ★ Build trusting relationships
- ★ Provide consistent care
- ★ Support children's health
- ★ Provide a safe environment
- ★ Provide positive guidance
- ★ Provide a language-rich environment
- ★ Foster curiosity and development through play
- ★ Individualize care and learning activities
- ★ Partner with parents
- ★ Pursue personal and professional growth

This Month's Hallmark of Quality Child Care

Individualize Care and Learning Activities

Building Self-Confidence: 4 "Ch" Words to Keep in Mind

Self-confidence is a measure of our belief in our own abilities. According to Dr. Michelle Borba, self-confidence leads to a greater sense of well-being. Children who have self-confidence are:

- more likely to stick with harder tasks and bounce back from failures;
- are more engaged in school, happier, have stronger relationships;
- have greater self-assurance and creativity, sounder decision-making abilities, and overall, more positive mental health.

Self-confidence plays a key role in children's lifelong success.

So, how can we help children become self-confident? To begin with, children need certain foundational beliefs about themselves (e.g., "I am safe and loved by others.") and their abilities (e.g., "I am capable.") The good news is that these foundational beliefs can be nurtured in children beginning at birth through loving, stable, and responsive relationships with caregivers.

Additionally, early childhood research has discovered that there are important experiences that help to **build self-confidence in children**. These are summarized by using 4 "Ch" words. You can build a child's self-confidence by:

- Being a **Cheerleader**
- Giving **Chances**
- Giving **Chores**
- Giving **Choices**

In this newsletter, we will describe each of these, and present specific examples of how you can give children these 4 "Ch" experiences to build their self-confidence at each age level – infants, toddlers, and preschoolers.



Being a Cheerleader

Children need people who take pride in their accomplishments, and who praise their efforts regardless of the outcome. Here are examples of ways you can be a cheerleader to build children's self-confidence at each age level:

- **Infants:** Cheer infants' milestones! For example, when she rolls over, clap loudly and say, "Hooray! You rolled over today! You worked really hard to learn how to do that!"
- **Toddlers:** Tune into the things toddlers are doing and make specific comments. For example, you can say, "You are using your legs to push the pedals so hard to make the tricycle go! Look, it's moving!"
- **Preschoolers:** Focus on their effort, regardless of the outcome of the situation, and recognize small changes and improvements. For example, "You were really thinking hard when you worked on that puzzle...I saw the way you tried different pieces to see if they fit."



Giving Chances

Children need the chance to be successful with "just enough" support from adults. They also need the chance to learn from mistakes and try again. Here are examples of ways you can give children chances to build their self-confidence at each age level.

- **Infants:** Observe and respond. For example, if baby is not yet able to find an object that is fully hidden under a burp cloth, then have her find a partially hidden object (e.g., a doll whose legs are sticking out from under the burp cloth). After she masters this, then try fully hiding the object.
- **Toddlers:** Break down new experiences. For example, if a child is afraid to go down a slide, you could slide down yourself to show her it's safe or have her slide a favorite stuffed animal down first. Then see if she'll go down while holding your hand or on your lap. Let her know that it's okay if she's not ready to go down on her own yet; and try again another time.
- **Preschoolers:** Give them the chance to learn from their mistakes and to solve problems. For example, if a child spilled some juice while pouring it, resist the urge to scold her. Instead say, "You tried to pour your own juice. Good for you for trying! Some of it spilled on the table. What should we use to clean up the juice? Yes, let's wipe it with this sponge, and you can try again!" She'll learn that she can depend on you to encourage her, while building confidence in her ability to find the solution to her problem.

Giving Chores

Real-life tasks give children responsibility and help them learn that they can be trusted with something important. Here are examples of ways you can give children chores to build their self-confidence at each age level.

- **Infants:** Even infants can be given small tasks. For example, when taking off an infant's shirt, ask her to lift her hands. Then say, "You helped me by lifting your right and your left hand. What a big helper you are!"
- **Toddlers:** Toddlers love "grown up" tasks. For example, let her water a plant or safely feed a pet. Also, be specific about what tasks you want children to help with. For example, "Please pick up the blocks" is clearer than, "Let's clean up the toys."
- **Preschoolers:** Recognize and be specific about what preschoolers have accomplished. For example, you can say, "You counted out all 6 napkins and put them on the table. Great! Now we can eat!"

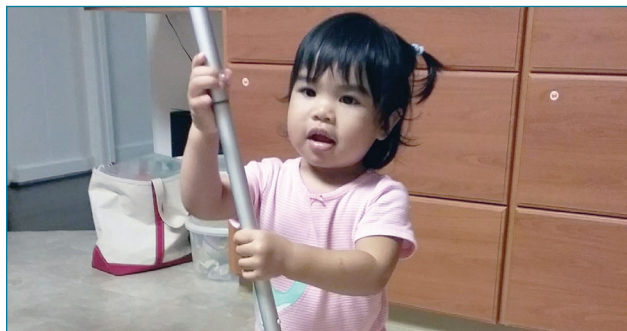


- **Toddlers:** For a toddler, let her choose between two possibilities (too many options can be overwhelming). For example, let her choose whether to have jam or avocado on her toast. If she doesn't want to do something you asked her to do, such as cleaning up, try giving her the choice of helping to pick up the blocks, or putting away the books.
- **Preschoolers:** Preschoolers can be given more complex choices, such as what to pack in a picnic basket. You can say, "Today we will have a picnic lunch in the backyard. Can you decide what to pack in the picnic basket for our lunch?" Show them the food items and supplies they can choose from, then let them do it themselves. When they are done, you can say, "Do we have everything we need for serving and eating?" Then go on your picnic and enjoy the goodies they chose!

Giving Choices

Children need meaningful, safe choices to choose from. This fosters their self-confidence. Here are examples of ways you can give children choices:

- **Infants:** Even an infant can make choices. For example, during meal time hold up two spoons and ask, "Which one would you like to hold today?" (Watch which one she looks at or points to.) After she chooses, verbalize it. "You chose the pink spoon to hold today. I will use the green spoon to feed you."



Training Opportunity

Interactions Matter: Positive Teacher-Child Interaction Strategies

Children are more confident and excited to learn when adults nurture relationships and interactions. Learn effective strategies to promote meaningful interactions and positive outcomes for children in this 2.0-hour webinar.

<https://extension.psu.edu/programs/betterkidcare/lessons/interactions-matter>

Featured Activity

Bubble Wrap Tapestry



What you need:

- Extra-large bubble wrap
- Ribbons (various colors and width)
- Strips of cloth, cut into smaller pieces
- Tape
- Child safe scissors

What to Do:

1. Create a pocket in each bubble by showing older children how to use the scissors to make a small cut in the back of each bubble on the bubble wrap.
2. Then have the children work together to fill each bubble with ribbon or small strips of cloth of their choice.
3. Have them put a piece of tape to close the opening of each filled bubble.
4. Turn it over and admire the beautiful tapestry of colors they created together!

Citations

Borba, M. (2021). *Thrivers: The Surprising Reasons Why Some Kids Struggle and Others Shine*. G.P. Putnam's Sons.

Suggested Books

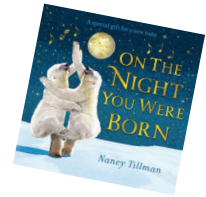
Discover these books and more at the Hawai'i State Public Library www.librarieshawaii.org

Infants and Toddlers

On the Night You Were Born

by Nancy Tillman

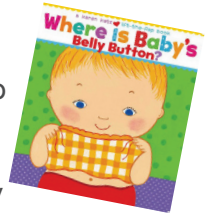
This beautifully illustrated book celebrates the specialness of each child and conveys "you are the one and only you, and always will be." The gentle tone creates a sense of safety and warmth, and is a sweet tribute to the uniqueness of every child.



Where is Baby's Belly Button?

by Karen Katz

Adorable babies play peekaboo in this delightful interactive book. By lifting the flaps, baby learns where eyes, mouth, belly button, feet, and hands are. The sturdy format and easy-to-lift flaps are perfect to share little ones.

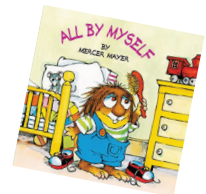


Preschoolers

All By Myself

by Mercer Mayer

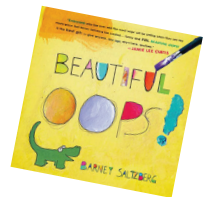
Mercer Mayer's Little Critter wants to show all the things he can do for himself in this classic, funny, and heartwarming book. A perfect way to teach children about independence.



Beautiful Oops!

by Barney Saltzberg

This one-of-a-kind interactive book teaches a life lesson that all children should learn: It's OK to make a mistake. A spill doesn't ruin a drawing—not when it becomes the shape of a goofy animal. *Beautiful Oops!* shows young readers how every mistake is an opportunity to make something beautiful.



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Learning to Grow Quality Child Care for Registered Home-Based Providers is a project of University of Hawai'i, Windward Community College with funding from the Hawai'i Department of Human Services ★ 808-462-4700 ★ www.learningtogrowhawaii.org