



PREPARING TO “GET IN TUNE:” Notes & Personal Reflections

Study and understand child development.

How are you continuing to learn about child development?

Get to know your children’s families

What are some of the differences and challenges you have experienced?

How did those differences affect your ways of responding to the children?

Develop self-awareness.

What are some of your difficult issues/reactions in dealing with children?

Think about: 1) What personal values may be involved that contribute to your reaction?

2) How you might deal with the feeling(s) to avoid negative impact on children.

Learn the responsive process.

Notes; reactions:



What kinds of things might you do to get more in tune with the children in your care?

Adapted by Cheri Longaker from the PITC Video *Getting In Tune*.

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IN TUNE – OUT OF TUNE?

BEING IN TUNE

Being in tune – knowing how to read and how to respond appropriately to an infant or a toddler – is at the heart of the science and art of caregiving.

When the caregiver and young child are in tune, many crucial things happen:

- Love and respect are expressed to the child.
- Trust is established with the child.
- Confidence is instilled in the child.
- Children learn that:
 - they are important
 - what they do makes a difference
 - they can express their emotions, whether pleasant or unpleasant, and see someone else understands how they feel.

In other words, infants who have someone in tune with them develop both a sense of security and self-esteem.

Being in tune with a child rewards the caregiver, too.
Interaction with children flows more smoothly and caregiving becomes easier.

BEING OUT OF TUNE

When the caregiver is out of tune with the child and ignores the child's rhythm:

- The child may become confused.
- The child may become frustrated.
- The child may become fussy or fall apart.
- The caregiver may become tense.
- The caregiver does not know what will work with the child.
- Interaction between the caregiver and the child becomes awkward.
- The caregiver and the child become dissatisfied with their relationship.

GETTING IN TUNE

Caregiving like this takes preparation. The video, *Getting In Tune*, presents 4 ways to prepare oneself to get in tune with infants and toddlers:

* **Study and understand child development.**

* **Get to know your children's families**

* **Develop self-awareness.**

* **Learn the responsive process.**

The Responsive Process



WATCH

Try to see the world as the child sees it.

Begin by just watching, not rushing to do things for the baby.

Watch for both verbal and nonverbal cues.

By first learning from the child what she or he is calling for you are more likely to choose the right response.

ASK

Ask yourself how you can arrange the environment – physically, emotionally, and socially – in ways that will assist the child most.

Ask the child what she or he wants.

Ask yourself: What messages is the child sending? What are the emotional, social, intellectual, and physical parts to the message?

Be aware of your own emotional state and feelings that may interfere with hearing the child's message, including your current feelings and those from past experiences.

Know your “hot spots” and “blind spots.”

ADAPT

Engage the child to discover the child's preferences.

Adapt your actions according to the child's desires.

Watch how the child responds to your actions.

Modify your actions according to the child's response.