

6 Tips To Respectful Caregiving



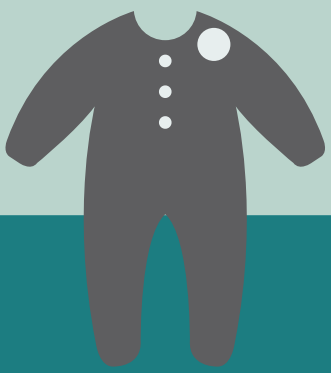
Go Slowly

Give your child the time they need to process what you are saying and what's happening to them. When asking a child to engage or participate, give a good, long pause to allow them time to process.



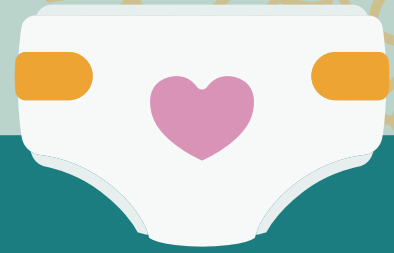
Be Respectful

All the aspects of the care activity are carried out with the child's cooperation, not to the child. The child is invited to take part in every step and nothing is carried out without the child's consent; this is true for even the youngest baby.



Narrate

Even an infant can understand what her carer is requesting, and can respond and initiate. Communicate with warmth in clear language. Caregiving is a natural doorway to language learning and practice.



Engage

Let go of all other distractions and fully be engaged and present with your child. Be curious about your child's interests. Try to discern between your own projections of what your child needs and what she truly needs.



Be Playful

Be warm, calm, and inviting. You can include finger games or songs before you start a meal or diaper change. The caregiver is always the leader of the dance between herself and the child, guiding, allowing the conversation, adapting to the child, yet always coming back to the task.



Be Prepared

Set up the meal space, bath, or diaper changing area so that you have everything you need. It is easier to stay calm and fully present when prepared.