



Topic Tuesday

RESPECTFUL CAREGIVING

Through acts of bodily care- we create *Calm*,
invite *Cooperation*, foster *Connection*

J O Y F U L - B E G I N N I N G S . O R G

Welcome to:

Joyful

BEGINNINGS



Joyful Beginnings is an online community providing support, resources, and a sense of belonging to all those who share their lives with young children, pre-birth to age three.

At Joyful Beginnings parents benefit from the knowledge and expertise of experienced Early Childhood Educators, but more importantly they can learn from and lean on each other.

Joyful Beginnings offers a safe space to learn about and share simple, natural, and joyful ways to care for young children.

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1

*Introduction
to:*
CAREGIVING

WHAT IS RESPECTFUL CAREGIVING?

The key to achieving physical and psychological health is through creating secure attachment. Giving respectful care, particularly during times of bodily care, is one of the main tools for achieving this. Allowing child's self-initiated activity has deep influence on the child - her self-image, self-control and her physical and emotional development.

When practicing respectful caregiving, bodily care is treated with the utmost respect and is seen as one of the primary times when trust and relationship can be developed. 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.



2

**THE ART OF
MOVING SLOWLY**

TAKE YOUR TIME

Bodily care is carried out slowly and calmly with the carer fully present to, and engaged with, the child. Tell your child what you will do, pause and wait for the child to process and respond (even very subtly), then, carry out the action. Full attention, as we know from attachment theory, is crucial to creating trust. The carer's attention is not just concerned with the task but is open to the child's interests in the care-giving activity and other things in the vicinity too. The caregiver is attentive to all cues from the child and the activity becomes a dance. The caregiver is always the leader of this dance- guiding, allowing the conversation, adapting to the child, yet always coming back to the task.



3

**BEING
TOGETHER**



TIME WITH SELF AND TIME IN RELATIONSHIP

These moments of connectedness through bodily care “fill up” the child with our love and attention. By balancing these moments of deep connectedness with independent play, we set up a flow where the child is filled up by our love and attention and feels safe and open to exploring the world around them. In this way, the child forms secure attachment with the adult caregiver and feels safe to form deep relationship with herself and the world around her.



IT MATTERS!

"What we do in the routine repetitive tasks of infancy, undertaken several times a day over several years, ripples into adult life.

These repeated care moments will be, without exception, unconsciously taken in on a bodily and emotional core level by the child. Whether the care is rough and rushed, or calm and gentle will have consequences for how the 'other' as well as 'self' is experienced, perhaps for life." - Dorothy Marlen



**World peace starts at the
changing table.**

Emmi Pikler

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RESOURCES



Links

Pikler Loczy USA
<https://www.pikler.org/>

Janet Lansbury Podcast and Blog
<https://www.janetlansbury.com/>

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year!

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