

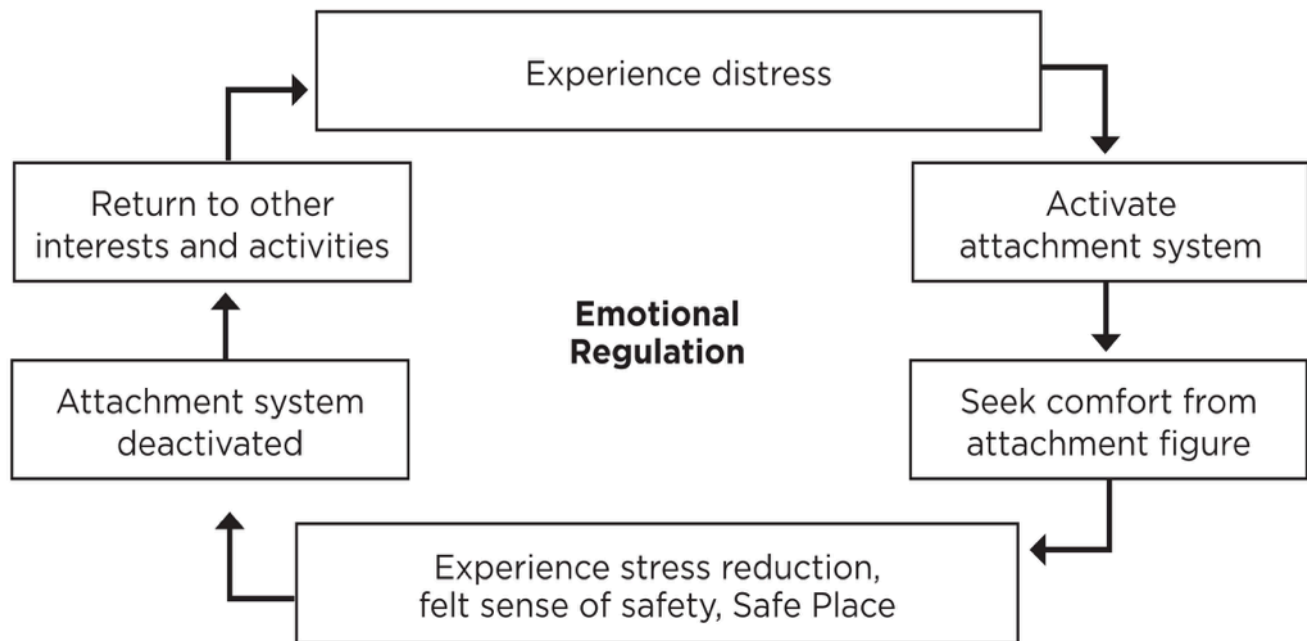


Baby Doll Circle Time™: Attune & Play

Audience: Infant/Toddler

Presented by: Mara Spencer, Conscious Discipline Certified Instructor
mara.spencer@consciousdiscipline.com

Attachment System ON = Exploration (Learning) System OFF
Exploration (Learning) System ON = Attachment System OFF



Attunement: Being Aware and Responsive

D.N.A. helps us teach instead of punish and increases children's willingness to learn and use new skills. Infants and Toddlers need to be **noticed (describe)**.

Describing helps:

- The adult **ATTUNE** to child
- The child become aware of body and facial expressions
- The child understand others' nonverbal signals

D = Describe: "Your face went like this. Your arms went like this."

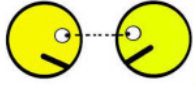
N = Name: "You seem angry."

A = Acknowledge: "You wanted your Mommy. I will keep you safe."



Components of Powerful Connection

Eye Contact



Touch



Presence



Playful Situation



Building Connections During the First 6 Weeks:

Some opportunities to add connecting activities:

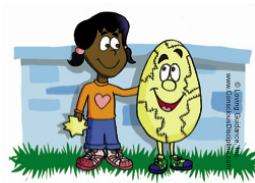
- Arrival
- Transitions
- Peer to Peer
- Whole Group
- Diaper Changing Ritual
- Transition to Nap
- Dismissal

Ideas for implementation in my classroom:



**Twinkle
Twinkle**

*Twinkle, Twinkle, Little Star,
What a wonderful child you are,
With bright eyes and nice, round cheeks,
A talented person from head to feet.
Twinkle, Twinkle, Little Star,
What a wonderful child you are!*



**Humpty
Dumpty**

*Humpty Dumpty sat on a wall;
Humpty Dumpty had a great fall;
All the queen's horses and
All the king's men
COULD put Humpty together again!*



**Georgie
Porgie**

*George Porgie, pudding and pie,
Gave his friend a big high five!
With his friend he loved to play,
A gift of a smile he gave each day!*



5 Steps of Baby Doll Circle Time™

1. Transition to Getting Your Baby



2. Beginning Awareness



3. Connection

4. Cuddling and Soothing



5. Ending and Transition to Next

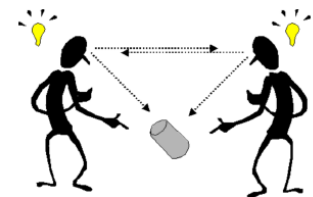
Materials Checklist:

- Multi-ethnic baby dolls (one per child)
- Large basket/container to hold all the baby dolls
- Small blankets or dish towels (one per child)
- Doll diapers or preemie diapers
- Hypoallergenic lotion and Band-Aids
- Baby wipes
- Other: _____

Ideas for implementation in my classroom:

Joint Attention: Infant – Caregiver – Object Interaction

Joint attention is the process of sharing one’s experience of observing an object or event by following gaze or pointing gestures. Joint attention is a fundamental goal during the first year of life and critical for the development of the following:



- Theory of mind: Other people have different perceptions.
- Social referencing: Looking to significant other in ambiguous situations to make sense and get information, reading the faces of others.
- Language development.
- Impulsive control/executive attention skills: Predictive of emotional regulation at 24 months.

My Plan for the First Six Weeks

| WEEK | MATERIALS |
|----------------|-----------|
| Week 1: | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| Week 2: | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| Week 3: | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |

My Plan for the First Six Weeks

| WEEK | MATERIALS |
|----------------|-----------|
| Week 4: | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |

