

Baby Doll Circle Time: Attune & Play

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"All learning begins in relationship." – Dr. Becky Bailey

For optimal social-emotional and brain development, children must have regular and frequent face-to-face connection time with an attuned attachment figure.

1. Actively calm _____
2. Relaxation in the routine _____
3. Create connections _____

****Attuned: 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 what the child is doing)**.

Describing helps:

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

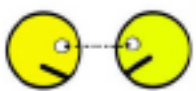
D = Describe: "Your face went like this. Your arms went like this."

N = Name: "You seem sad."

A = Acknowledge: "You want Mommy. I will keep you safe until Mommy comes back."

****Connected: Providing Powerful Face-to-Face Moments with 4 Components****

EYE CONTACT



TOUCH



PRESENCE



PLAYFUL



I LOVE YOU RITUALS: Connecting with eye contact, touch, presence in playful moments.



**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!

OPPORTUNITIES TO “RELIVE” CONNECTION MOMENTS THROUGH BABY DOLL CIRCLE TIME

Maximize loving interactions and attuned moments with children. They experience similar neural firings when “giving” the touch, eye contact, and playfulness to baby dolls that they have received from you. They are literally “reliving” the connection moments they have had with you as they play with the doll.

Five Steps to 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



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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: _____

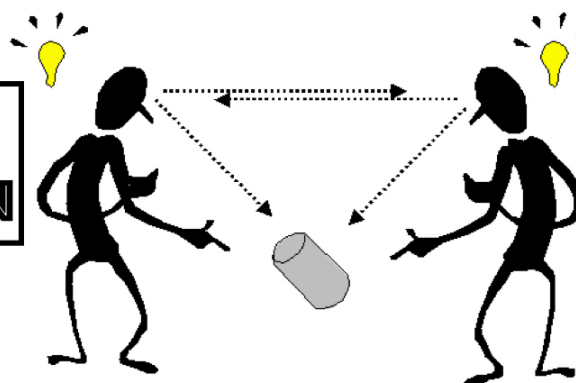
****Ideas for Implementation of *I Love You Rituals*, Connection Moments, and Baby Doll Circle Time****

“I am going to...”

****JOINT ATTENTION: (Infant – Caregiver – Object Interactions) CRITICAL for Healthy Development****

- **Attention:**
 - paying attention to the same thing
- **Emotions:**
 - share an emotional state
- **Intentions:**
 - 2 or more people try to accomplish the same thing and they know they are doing it together

**JOINT
ATTENTION**



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 attachment figure in ambiguous situations to make sense and get information, and learn to read the faces of others.
- Language development
- Impulse control/executive attention skills
- Predictive of emotional regulation at 24 months.