

# Enriched Caregiving

Care + emotion + learning = enriched caregiving

An important activity, across the whole day that is continually repeated.

**Lets get started** >

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Each routine or activity  
of the day can include  
**care, emotion and learning.**



**Your day has many routines.**

Getting up in the morning

Getting dressed or undressed

Diapering and toileting

Washing hands and face

Eating and mealtime

Going to the supermarket

Taking a nap

Doing the laundry

Cleaning up the house

Taking a bath

Going to bed at night

**You can help your child learn during all these times.**

**You probably already do many good things to help your children learn.**

***A lot of these happen during caregiving.***

You talk about the child's feelings

You name colours

You say what will happen next

You ask your child to count things

You use rhyming words

You tell the child the names of things

You let your child solve problems

**WAKING  
UP**

## ACTIVITY 1

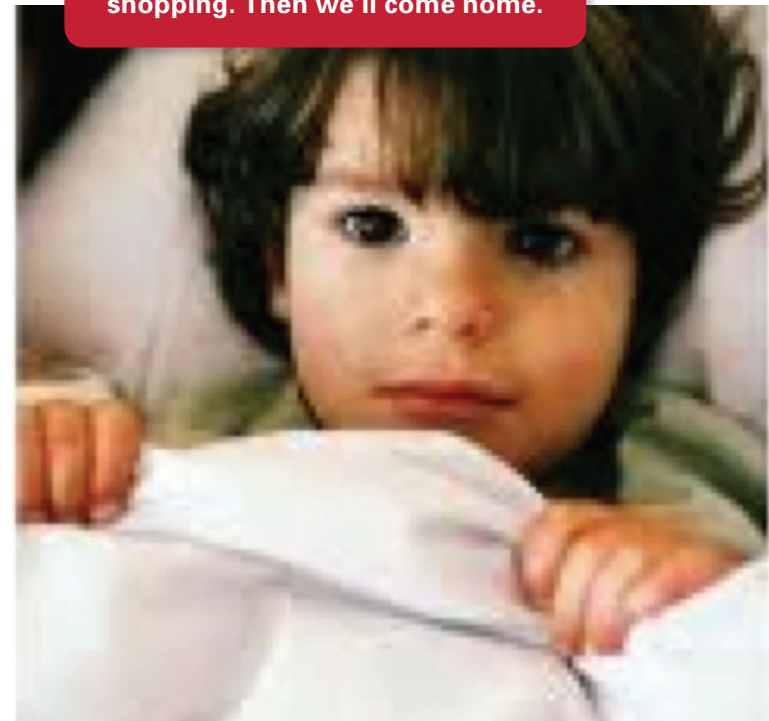
**Make up a silly song or rhyme about getting up.**



Getting out of the crib ...  
getting out of the sib...  
getting out of the bib...

## ACTIVITY 2

**Name events in order.**



Now we're getting up. Then we'll  
go to Aunt Mary's. Then we'll go  
shopping. Then we'll come home.

## GETTING DRESSED

### ACTIVITY 3

Let him make a choice.

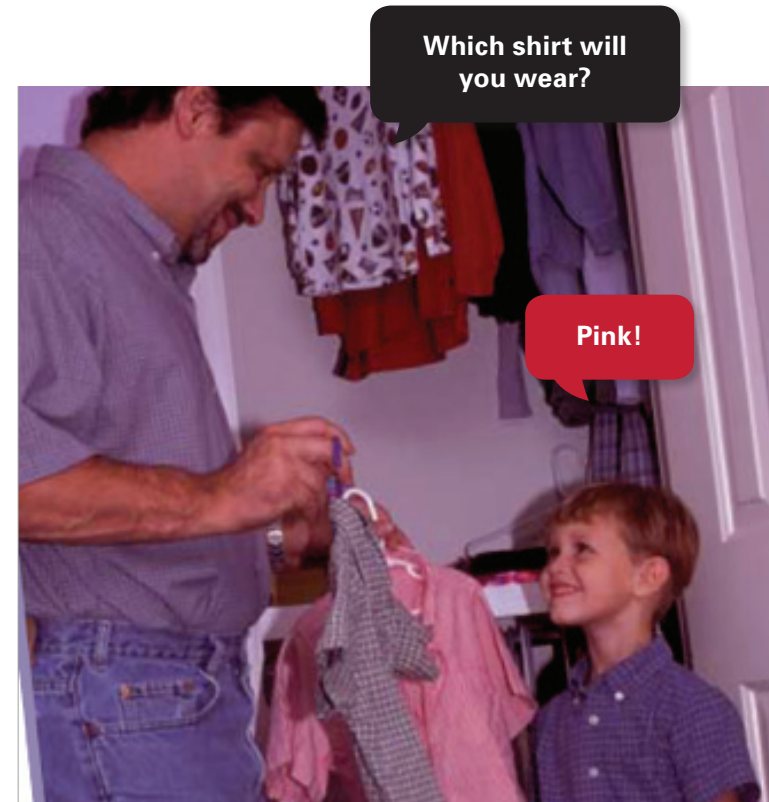


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## ACTIVITY 4

**Tell your child that you notice what he is doing.**



Pants. These are your pants.

## ACTIVITY 5

**Talk about or ask about texture and colours.**



What colour is this shirt?

## ACTIVITY 6

**Count things while dressing.  
2 socks, 2 sleeves, 2...**



**Count larger numbers (buttons, pockets, stripes)**

## ACTIVITY 7

**Point out large letters  
and words on clothes.**





## EATING AND MEALTIMES

### ACTIVITY 8

**Name and talk about:  
food, cup, spoon.**

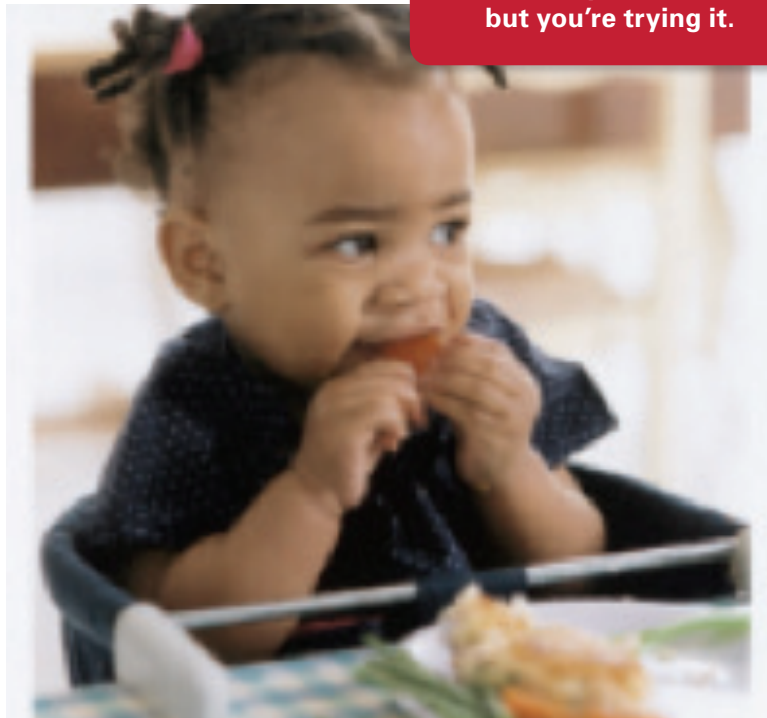
You're eating out  
of your spoon.





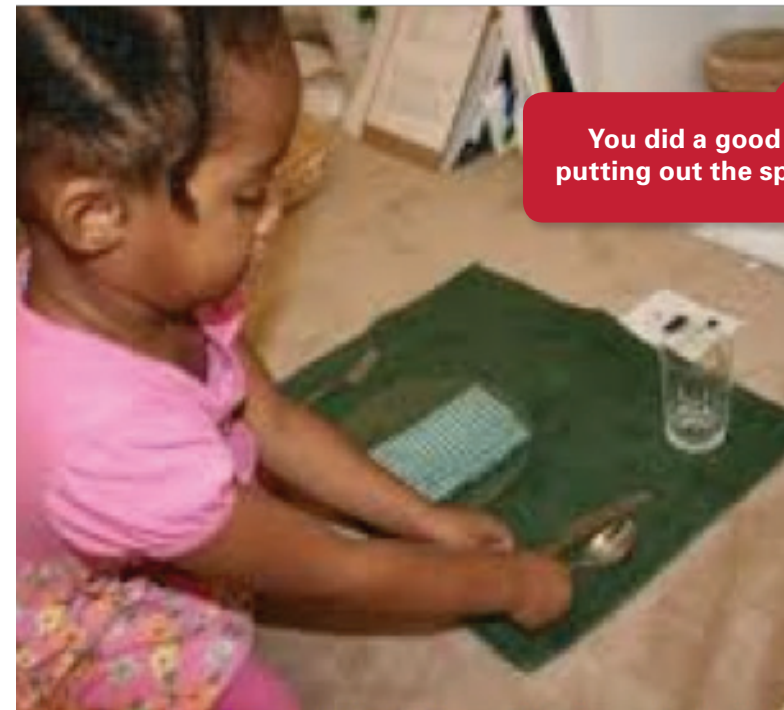
## ACTIVITY 9

**Talk about feelings and opinions.**



## ACTIVITY 10

**Give age-appropriate responsibilities.**



## ACTIVITY 11

**Name the foods.**

You're eating  
fettuccini.



## ACTIVITY 12

**Count things. Let older children help younger ones.**

How many slices of pizza  
are there still in the box?



**What other things could children count  
at meals or at snack time?**

## ACTIVITY 13

**When you have time, show your child how to do some of the fun parts of cooking.**

**You're pouring carefully.  
Thanks for helping!**



# BATHING OR WASHING

## ACTIVITY 14

**Talk about how things feel.**



The soap feels slippery.

The water feels splashy!



## ACTIVITY 15

**Name the things your child plays with in the bath.**



You found a toy. Is it an orange toy?



## ACTIVITY 16

### Talk and ask about body parts.

Where are your  
ears? There  
they are.



Now your  
chin will be  
clean.



## ACTIVITY 17

### Make jokes. Talk about funny things!

You're wearing a  
pointy bubble hat!



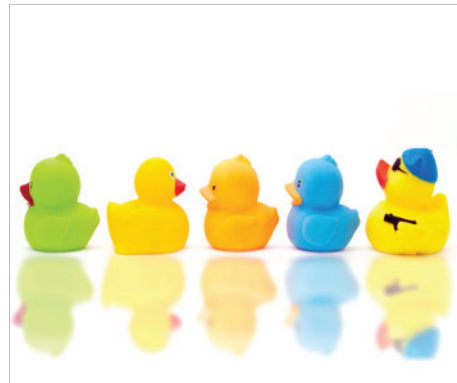
## ACTIVITY 18

### Count things.

How many kids  
are in the bath?



Let's count  
the bath  
toys.



## Ask yourself: Am I doing these things?

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I give my children information about what is happening in care routines  
("We are going to...")

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I explain processes during care routines (first-next-last)

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During care, I help my children learn about:

- Colours
  - Sizes and shapes
  - Emotions
  - Cooperation
  - Counting
  - Rhyming
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