

Welcome to Group Care!



THE NATIONAL CENTER ON
Health

Head Start and other programs that serve infants and toddlers provide your child a safe environment to learn. We believe you are your child's first teacher. Parents, grandparents, and other caregivers are viewed as partners. We promise to...

- Value individual culture, beliefs, and traditions in raising children
- Listen to your concerns and share ideas on healthy child development
- Support and encourage you through your child's enrollment
- Provide you with daily reports on how your child is doing

Guidance

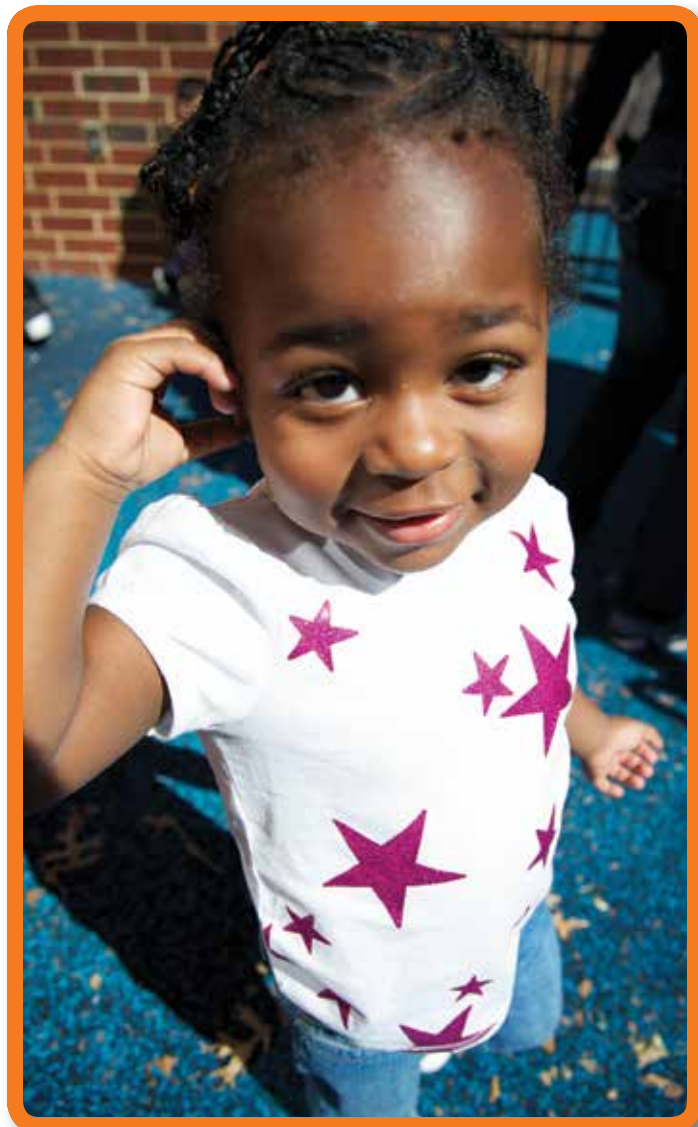
Setting limits and being consistent is key. Guiding your child to follow simple rules will help her understand and follow rules on her own.

- We focus on what she should do instead of what she should not do. For example, "Use walking feet"
- We offer her choices: "Do you want to put the toys on the shelf or in the box?"
- We praise her efforts and successes by speaking about what she did right and reinforcing positive behavior right after it happens
- Let us know if you have concerns or questions about how to guide your child

Learning through Play

Your child is learning as she plays. We help her build language skills by participating in age-appropriate games and activities.

- She understands more words than she says
- We talk with her about everyday things
- We teach her correct names of objects and body parts



- We expand on what she says. When she says, "Book," we may ask, "Do you want to read a book?"
- We enjoy reading and singing to her every day
- You can do the same at home
 - Ask your child to point to pictures that you name in a book
 - Talk to your child about everyday things
 - Play games with simple rules
 - Pretend play with your child

School readiness begins with health!

Toilet Training

We support you in toilet training your child. Let us know if you have concerns. To be successful, your child needs to:

- Sense the urge to go
- Understand what that feeling means
- Communicate the need to go to the toilet

You can watch for these signs that show your child is ready.

- Remains dry for two hours
- Knows if she is wet or dry
- Can pull her pants down and up
- Wants to learn
- Can tell you if she is going to have a bowel movement

Hand Washing

We practice good hand washing throughout the day, especially around mealtimes and toileting. Proper hand washing reduces the spread of infections.

- She is able to help wash her hands and may be able to turn on the faucet
- She will begin to show a preference for using one hand more than the other
- You can allow her to wash her hands by herself

Relationships

At this age, your child is most concerned about where things are in relation to herself. She knows that other people exist, but she is vaguely interested in them.

- As she shows signs of independence, she will start using the word no quite a bit
- We reinforce relationships in her life by talking about familiar people
- We praise her for treating others in kind ways. We reinforce no hitting, biting, or hurting other people
- Many toddlers are not ready to share. We use multiple toys to help your child learn how to take turns
- You can also applaud your child when she does kind things

Questions to Ask Your Baby's Pediatrician

“Is my child developing normally?”

“How do I know when my child is ready for toilet training?”