Early Development & Daily Routines
Class 1 Agenda

- Welcome, introductions, overview of HOT DOCS

- Time to Learn
  - Early Brain Development and Milestones
  - Routines, Rituals, and Development
  - Parenting Tip: Catch Them Being Good
  - Special Play: Bubbles

- Time to Practice
  - Catch Them Being Good
  - HOT DOCS Homework (Parenting Tip & Special Play)
  - Handout – Evaluating Daily Routines
Welcome & Introductions

- Introduce yourself to the group
- Tell us a little bit about yourself and your family
- Tell us what you hope to learn from HOT DOCS
HOT DOCS Classes

1. Early Development & Daily Routines
2. Behavior and Development
3. Developing Preventions
4. Teaching New Skills
5. Planning New Responses
6. Strengthening Family Relationships
Benefits of the Program

• HOT DOCS will help you to:
  – Evaluate and improve your daily routines
  – Understand your child’s behavior within the context of development
  – Help your child be successful at home and school
  – Help you feel more confident and secure in raising your child
  – Strengthen relationships among caregivers
## Demonstration: Problem-Solving Process

<table>
<thead>
<tr>
<th>Triggers</th>
<th>Behavior</th>
<th>Reactions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dinner at grandparents’ house, late in evening,</td>
<td>Whine, cry, kick seat, scream, throw phone to floor</td>
<td>Mom repeats direction several times, tries to negotiate, raises voice,</td>
</tr>
<tr>
<td>driving home in car with Mom, buckled in car seat,</td>
<td></td>
<td>threatens no more YouTube if doesn’t listen, phone thrown to floor of car</td>
</tr>
<tr>
<td>watching YouTube on Mom’s phone, Mom abruptly prompts son to turn off</td>
<td></td>
<td></td>
</tr>
<tr>
<td>YouTube video</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Function?**
Get more YouTube video

<table>
<thead>
<tr>
<th>Preventions</th>
<th>New Skills</th>
<th>New Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Dinner at home instead of grandparents’ house</td>
<td>- Comply with direction to turn YouTube off without complaint</td>
<td>- Praise compliance with direction to turn off phone</td>
</tr>
<tr>
<td>- Have dinner earlier to avoid disrupting evening routines</td>
<td>- Entertain self in car seat without electronics</td>
<td>- Engage him in an activity or conversation in the car instead of YouTube</td>
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<tr>
<td>- Suggest a different activity than YouTube on the drive home</td>
<td>- Ask for more time with words in a calm voice</td>
<td>- Use a calm voice if he struggles</td>
</tr>
<tr>
<td>- Set a time limit for YouTube</td>
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<tr>
<td>- Give a warning before giving direction to turn YouTube off</td>
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Week 1 Topics

- Early brain development
- Developmental milestones
- Importance of daily routines
- Introduce weekly homework activities:
  - Parenting Tip
  - Special Play
Early Brain Development

- First 5 years are critical
  - Brain triples in weight
  - Brain consumes 20% of body’s oxygen
  - Over 1,000 trillion brain connections are established (synapses)
  - Both experiences and interactions develop neural pathways
Developmental Milestones: Ready for Kindergarten?

• By age 5, a child should:
  – Follow directions*
  – Communicate wants, needs, and feelings*
  – Get along with others*
  – Care for personal needs
  – Show coordinated movements
  – Recognize some letters, numbers, and colors

* Most important skills according to teachers’ ratings
Routines & Rituals

• General structure of the day (routines) and are made up of specific behaviors (rituals)

• Clear beginnings and endings and linked throughout the day

• Repeated throughout the week

• Adults and children prefer their routines and rituals to be done in a certain way
What are your most difficult daily routines?

1. ________________________________
2. ________________________________
3. ________________________________
Why Develop Routines?

• Biological clock
• Make life more predictable
• Maintained for comfort
• Once established, routines are difficult to change
Predictable Routines = Healthy Development

- Regulate body clock and growth hormones
- Increase predictability
- Reduce anxiety
- Develop self-control
- Improve compliance
- Expand attention span
- Build patience
Unpredictable Routines = Behavior Problems

• Disrupt growth & development
• Increase anxiety
• Exaggerate emotions
• Decrease self-control
• Decrease attention span
• Increase behavior problems
Problematic Rituals

- Characteristics:
  - Too many steps
  - Takes too long
  - Parents do all the work

- Outcomes:
  - Parent becomes more stressed
  - Child becomes more demanding and irritable
  - Development is compromised
Difficult Routines & Behavior

Why do children resist, if they follow the same routine every day?

– Developmental stages
– Personality and temperament
– Transition issues
Evaluating Routines & Rituals

• Does the routine make your life simpler?
• Does the routine work for your family?
• How often is the child accommodated?
• Is the child learning new skills?
• Is the routine preparing child for school?
Preschooler’s Morning Schedule Example

- 7:00 Wake Up
- 7:10 Go Potty
- 7:15 Get Dressed
- 7:30 Breakfast & TV
- 8:00 Brush Teeth
- 8:15 Get into Car Seat
- 8:30 Arrive at School
Suppose Sleeping is a Problem
Warning Signs of Disrupted Sleep

• Your child is:
  – Whiney, fussy, clingy, grumpy
  – Always sucking on something
  – Very active, especially at bedtime
  – Having more temper tantrums
  – Falling asleep other times of day, not in bed
  – Difficult to wake up in the morning
Evaluate These Bedtime Routines & Rituals

- Child determines bedtime
- Plays energetically right up until bedtime
- Watches TV or tablet to calm down
- Insists on a bright nightlight in room
- You must kiss 6 stuffed animals in order
- Child climbs into your bed at 2 a.m.
Developing Healthy Sleep Routines

1. Timing
2. Environmental changes
3. Behavior changes
1. Timing

- Plan around natural timing for sleep/wake cycle (7 p.m. – 7 a.m.)
- Develop wind down rituals
  - Soothing and quiet
- Adequate sleep time is important!
  - 1-2 years = 11-14 hours including naps
  - 3-5 years = 10-13 hours including naps
  - 6-12 years = 9-12 hours
- Observe child for quality of sleep
2. Environmental Changes

• Make bedrooms a sleep-only zone
  – Darker is better
  – No television, computer, or stimulating toys
  – Non-allergenic bedding for some children

• Reduce competing light & noises
  – Dishwasher, television, music, lights, conversations
  – Create white noise with fans or sound machines

• Keep temperature cooler
3. Behavior Changes

- **Child**
  - Teach to soothe self
  - Teach to relax
  - Wear pajamas every night

- **Parent**
  - Give clear directions
  - Be consistent
  - Praise and encourage
HOT DOCS Parenting Tip
Catch Them Being Good

• Type of positive reinforcement used to encourage appropriate behaviors
• Specific, immediate, labeled praise
• Tell your child exactly what they did that made you happy

• Examples:
  – Way to keep your hands to self!
  – Thanks for looking at me when I talk!
  – Good walking feet.
  – Thanks for using your inside voice.
HOT DOCS Special Play
Playing to Learn, Learning to Play
Special Play Tips

• Follow your child’s lead
  – Reflect what they say
  – Imitate what they are doing

• Make the activity fun and use enthusiasm

• Praise when your child uses appropriate skills
  – Be specific

• Avoid asking questions or directing the play as much as you can
Special Play: Bubbles

- Start the play by giving a clear direction, *We can play bubbles outside!*
- Every night this week, put aside five minutes to blow bubbles with your child
- Have a definite start time and stop time
- Remember to use this activity during teachable moments
Practice Skills at Home

- HOT DOCS Parenting Tip
  - Catch Them Being Good
- HOT DOCS Special Play
  - Bubbles
- Preschool Readiness Skills Checklist
- Evaluating Daily Routines Handout