



Foundation of Relationship-Based Care Participant Worksheet

Directions: Use this worksheet to take notes about how this information relates to your work with infants, toddlers, and their families and engage in the activities during this session. For additional space to take notes, use the back of this page.

Training Notes



Foundation of Relationship-Based Care: Training Activities

Slide 5. Reflection

Think of a positive relationship in your childhood.

- ◆ How did this relationship support you as a child?

Slide 10. Felt Sense of Attachment in Relationships

- ◆ Record your thoughts after this guided activity.

Slide 12. Reflection

- ◆ What helps you feel safe and secure in moments of stress?

- ◆ How do you help infants and toddlers feel safe and secure when they are distressed?

Slide 16. Video Example: Serve and Return

- ◆ What do you see the baby do? How does the teacher respond?



Slide 20. Video Example: Relationships and Early Brain Development and Reflection

- ◆ What stood out to you in this video?

- ◆ What surprised you in this video?

Slide 27. Reflection

Take a moment to think about yourself, specifically your sense of identity.

- ◆ What makes you, you?

- ◆ How do you think and feel about yourself?

- ◆ How do you think you got this sense of who you are?



Slide 30. Video Example: Development of Self

- ◆ What might these children be learning about themselves and others in this video clip?

Slide 31. Managing Our Feelings

- ◆ What are your sources of stress?

- ◆ What happens when you are stressed?

- ◆ What helps you calm down?

- ◆ When is it hard to calm down?

Slide 33. Video Example: Emotional Regulation

- ◆ How does the teacher help the toddler experience and regulate her emotions?



Slide 34. I Want It Now!

- ◆ How do you feel when you really want something, and you have to wait for your needs to be met?

- ◆ How do you control your impulses?

- ◆ Are there times when it is hard to control your impulses?

Slide 36. Video Example: Impulse Control

- ◆ How does the teacher support the child with impulse control?

Slide 37. I Feel You!

- ◆ Why is empathy an important skill for babies to develop?

