

Supporting Developmental Parenting During *Car Time Routines*

Learning Objective:

- How to use the ASQ Learning Activities with families
- Develop Transition strategies
- Develop Car Time Routines Activity Webs

Tying it All Together

- Before car time
- During car time
- After car time

Helping Parents Prepare for Transitions/Car Time

Transition Strategies

1. Give Warnings
2. Use timers or a visual cues
3. Space activities (transitions)
4. Make transitions fun and positive.
5. Choose the timing
6. Offer sensory breaks
7. Consistency and routine
8. Give praise and avoid threats
9. Rewards as a motivator



Communication/ Literacy Activities

Personal-Social

Activities to Help Your Baby Grow and Learn

Your new baby needs you right now. She depends on you to feed her and keep her warm and safe. Your baby interacts by looking at you or using her voice to get your attention. When you respond to her cries, she learns to trust you. She will enjoy being held and talked to by others in the family, but you are the most important person in your baby's world.



Mealtime Moments

As baby nurses or takes a bottle, softly touch her little cheek, forehead, or tiny ears. Look her in the eyes and tell her she is like no other—your own little miracle. Your baby may want to stay right there in your arms, even if she is not eating.

What Did You Say?

As soon as your baby is born, he is trying to tell you something. Babies' first "words" are cries that say, "I want you," "I'm cold," "I'm hungry," or "I'm tired." Listen and learn what each cry means. Talk to him: "Are you hungry?" "Are you tired, little baby?"

Whose Hand Is That?

When your baby is rested and not hungry, place her on her back and sit next to her. Stay close. Tell her you love her. Talk to baby about her body: "Look at your hands! Your fingers!" Everything is new and interesting to her. Even her body parts are amazing!

Smiley Face

Smile at your baby all day, especially when diapering, bathing, or feeding your baby. Give him little nose kisses. In the first few weeks, your baby's smile is mostly a reflex, but soon he will smile back at you. What a wonderful sight!

What's Next?

Talk to your baby about her day and what is going to happen next. She does not know the words yet but will very soon. This will help your baby learn the routine: "It's time for a nap." "It's time to eat."

Give Me a Break!

Your wonderful baby is able to let you know he needs a break. He may do things like look away, yawn, cry, or arch his back. He may need a nap or just a little break. After a rest, he will be ready to enjoy his interesting world again.

Personal-Social

Activities to Help Your Child Grow and Learn

Your child is becoming more and more sociable. He can be very helpful with household tasks and can take care of many of his personal needs. He plays with other children but still needs support at times to cooperate and share. Your approval and attention are very important to him. He likes being silly and making others laugh, especially you.



Dress-Up Fun

Let your child play dress up in some old or interesting clothes. Boots are fun, as well as large hats, belts, and other accessories. A scarf or necklace adds a nice touch. A purse, wallet, or vest also makes the play interesting. Make sure there are some buttons to button, zippers to zip, or gloves to stick fingers into. Put a mirror at your child's level: "Where are you going today?"

Counting Turns

Help your child learn to manage taking turns by counting how long a turn will last. For example, tell your child he can swing until the count of 10 and then it will be his brother's turn. Count 10 swings out loud: "Okay, now it's your brother's turn for 10 swings. Help me count." Your child will learn that the wait for a turn will soon be over.

Wonderful Rhythm and Rock

Read or recite poems and rhymes to your child at special cozy quiet times. Cuddle up and rock a little to the rhythm of the words, or just cuddle and rock. Let your child fill in missing words to a familiar rhyme: "Humpty Dumpty sat on a..." Wall!

Cupcakes for All

Let your child help you bake cupcakes. She can sift, pour, and stir as much as she is able. Let her spread icing with a plastic knife. Talk about who the cupcake is for. Place it on a napkin and write that person's name on the napkin. Let your child share the special cupcakes.

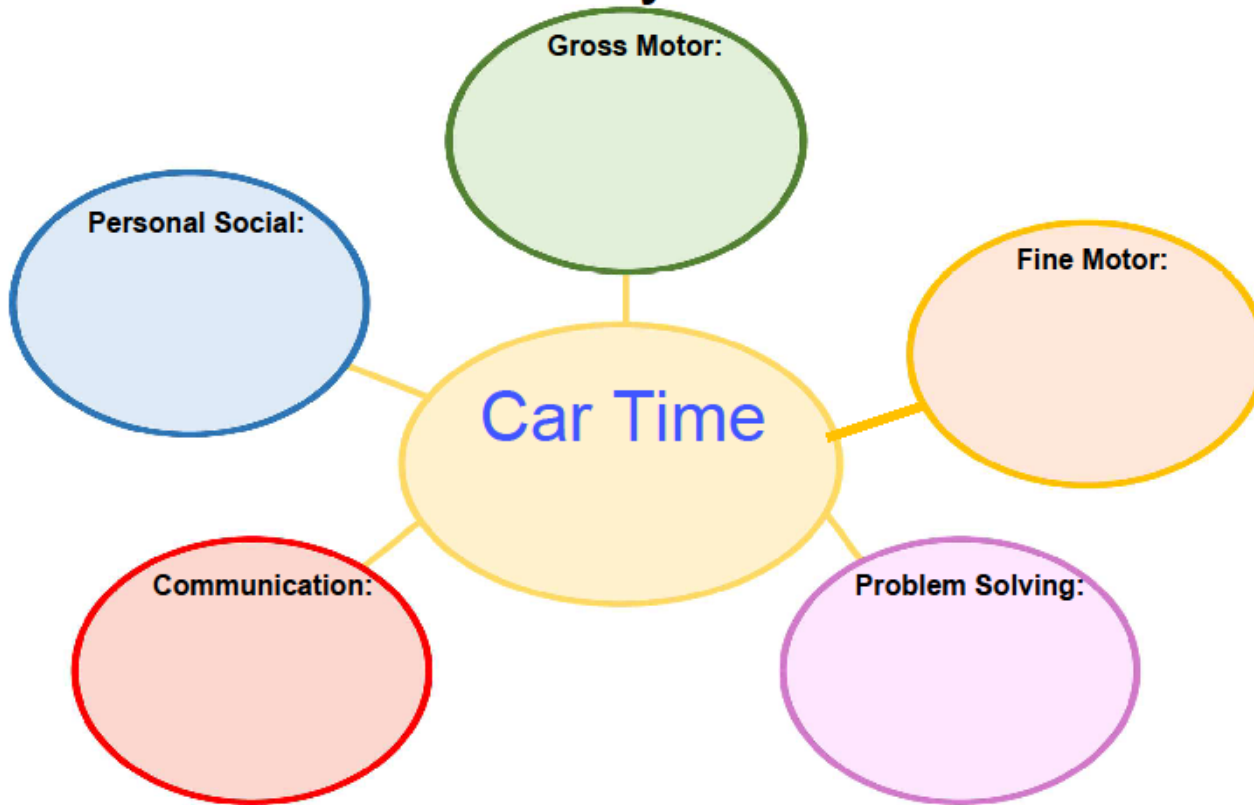
Counting Goodnight Kisses

When you put your child to bed, count kisses out loud. Ask your child how many kisses for the chin: "Three? Okay, one [kiss], two [kiss], three [kiss]. How about your nose?" What a happy way to learn to count!

Counting Cars

Riding in the car or on the bus, ask your child to count all the blue cars he sees. Help him watch for blue cars and count them out loud. Remember, blue trucks don't count. Next time, let your child choose what to count!

Activity Web



Things to Remember

- All ASQ-3 Screenings are available to you
- You can develop Activity Webs that are individualized for your family and community
- Opportunity for goal development



Next session: Next Steps in supporting the home learning environment

One Word to Describe Your Takeaway Today

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