

Caregiver Best Practices Guide

1. Nutrition

- Encourage a balanced diet with fruits, vegetables, proteins, and whole grains.
- Offer meals at regular intervals and avoid excessive sugary snacks.
- Ensure the child stays hydrated with water rather than sugary drinks.
- Create a positive mealtime atmosphere by avoiding force-feeding or distractions like TV.

2. Early Learning

- Engage children with storytelling, songs, and educational play.
- Encourage curiosity by answering their questions patiently.
- Promote language development by speaking clearly and using descriptive words.
- Introduce age-appropriate problem-solving activities to develop cognitive skills.

3. Health & Hygiene

- Ensure children wash their hands before meals and after play.
- Teach proper dental hygiene, including brushing twice a day.
- Encourage outdoor play for physical development and well-being.
- Monitor signs of illness and seek medical attention when necessary.

4. Responsive Caregiving

- Acknowledge and validate children's emotions to build trust.
- Maintain eye contact and engage in active listening.
- Respond promptly to needs while encouraging independence.
- Use a calm and reassuring tone in conversations.

5. Safety & Security

- Ensure a safe play environment, free from hazards.
- Teach basic safety rules such as looking both ways before crossing a street.
- Supervise playtime to prevent injuries.
- Encourage open communication so children feel safe expressing concerns.