

## Objective

By the end of this lesson, you will be able to understand the basics of child care and develop skills that are essential for working with children.

## Materials and Prep

- Pen and paper
- Access to a computer or smartphone
- Internet connection

Before starting the lesson, make sure you have a quiet and comfortable space to work in.

## Activities

- **Activity 1: Research Child Development**

Use your computer or smartphone to research the stages of child development. Take notes on the key milestones and characteristics of each stage.

- **Activity 2: Create a Child Care Routine**

Imagine you are responsible for taking care of a child for a day. Create a daily routine that includes activities, meals, and rest time. Be sure to consider the child's age and individual needs.

- **Activity 3: Role Play**

Enlist the help of a family member or friend to role play different scenarios that may arise while caring for a child. Practice responding to common situations, such as a child refusing to eat or having a tantrum.

## Talking Points

- **Child Development**

- "Child development refers to the changes that occur in children's physical, cognitive, and emotional abilities as they grow."
- "Understanding child development helps us provide appropriate care and support to children at different stages of their lives."

- **Creating a Child Care Routine**

- "A routine provides structure and predictability for children, which helps them feel secure and develop healthy habits."
- "When creating a routine, it's important to consider the child's age, individual needs, and interests."

- **Handling Challenging Situations**

- "Sometimes children may exhibit challenging behaviors, such as refusing to eat or having a tantrum. It's important to stay calm and respond with patience and understanding."
- "Redirecting a child's attention, offering choices, or using positive reinforcement can be effective strategies for managing challenging behaviors."