



A Circle of Support for Infants and Toddlers: Reflective Parenting Practices and Strategies in Early Head Start

Reflective supervision is a wonderful opportunity to strengthen the professional relationships that support parents, families and young children. Reflective supervision is characterized by active listening and thoughtful questioning by both supervisor and supervisee. It is not therapy, but rather an opportunity for the supervisor to assist and support the supervisee with hunches, questions, and challenges related to the work. Many Early Head Start (EHS) directors, supervisors and staff recognize reflective supervision in practice as an important aspect of overall programmatic support for those who provide direct services to very young children and their families. When EHS directors model and support reflective supervision in their programs, staff are likely to follow suit by participating. When EHS staff feels supported and able to do their jobs, even when those jobs are challenging, they are in the best position to encourage and support parents to reflect on their own parenting practices. In other words, *"How supervisors are with staff influences how staff will be with the families [and parents] they serve"* (Parlakian & Seibel, 2001, p. 3). This is the parallel process in action, or the platinum rule as first stated by Jeree Pawl (1995), "Do unto others as you would have others do unto others

<http://www.ehsnrc.org/Publications/newsyoucanuse.htm>



Tummy Time for Reluctant Infants

Tummy time is so important but not so well loved by infants and as a result they don't spend much time on their tummy. Tummy time encourages the development of the back, shoulders, arms, and neck muscles good for posture and coordination. It is the beginning of sitting and crawling. However, most times parents try tummy time they are greeted with a howl of protest after just a few minutes-or even seconds. Read the new EHS tip sheet on tummy time.

http://www.ehsnrc.org/publications/English%20Tip%20Sheets/TIP_SHEET_41.pdf

Making Funny Faces with Baby

Offer your baby his favorite thing to look at (you!) in all kinds of silly ways.

Here's what to do: Did you know your baby started scanning (and memorizing) your face minutes after he was born? That's because faces are completely fascinating to infants. You can capitalize on that interest by choosing a time when your baby isn't hungry or tired (or sporting a loaded diaper), and positioning him so he's looking directly at you. Then make some faces! Try a smile, a big, open mouth, raised eyebrows, or a stuck-out tongue. Don't be surprised if your baby tries to do the same thing — even tiny infants can imitate facial expressions. Make some quiet *ahhhh* noises to hold his attention, but if he keeps turning away, he may have had enough of your mug for the moment (newborns can easily get over stimulated, so be careful not to overdo it).

2010 Birth To Three Institute

On behalf of the Office of Head Start, we are pleased to announce the 14th annual Birth To Three Institute Call will be held October 25-28, 2010 in Washington, DC.

Our Pledge: The KY TTA State Office pledges to provide timely, current, and interesting monthly newsletters for the Head Start and Early Head Start communities and others interested in the field. In keeping with our mission to be more "green," we will provide our easy to read newsletter via email. We would like to hear from you and encourage your suggestions for newsletter content. Contact the editor: **Joyce Roach**

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