

### Everyday Moments Daily Care and Living Routines

Daily care and living routines are fascinating learning opportunities for babies, toddlers, and twos. They are filled with interesting things to see, touch, taste, hear, and do. Children under three are just beginning to shape their first pictures of themselves, other people, and the world around them. They are learning about who they are, their bodies, and their feelings. They are learning how to communicate with others and what to expect from people. They are learning about things around them—their colors, sizes, and shapes and how to use them.

From the perspective of young children, these daily events are predictable, so they can learn what to expect and gain a sense of competence. At the same time, there are enough differences that a child's interest and curiosity are sustained.

In this section, you will find Chapters and *Family Pages* that will support you in conversations with families as you discuss how to assure these routines are carried out in ways that meet children's developmental needs and, at the same time, match a child's personal way of being, preferences, and personality:

#### Sleep

The topic of sleep is important to every parent. Parents want to make sure their little one is getting the rest he or she needs. In addition, they hope that before long they will be able to get some sleep of their own! This chapter begins with helping a new baby learn the difference between night and day and continues through making bedtime work for 2- and early 3-year-old children who often need a glass of water and one more hug and kiss soon after the lights go out.

#### Nutrition and Feeding

Everybody eats; everyone needs a healthy diet in order to feel well, develop properly, and have the energy to accomplish tasks and goals. Yet, eating is also about emotions, family culture, traditions, and beliefs. This chapter looks at the nutrition needs of children's safe eating from breast and bottle feeding to restaurant meals with a 2- to 3-year-old dining companion.

#### Diapering and Toileting

Toilet learning is one of the most discussed and anticipated milestones of early childhood. Yet, using diapers can last for 3 or 4 years. While, of course, there are times adults want and need to hurry through a diaper change, diapering and toilet learning are, in fact, wonderful opportunities to teach children about their bodies and that what their bodies produce is natural and healthy, and to help children develop the body awareness and control they will need to be a successful toilet-user.

#### Bathing and Dressing

Initially, it seems as if adults are doing all the work when it comes to bathing and dressing. Look carefully and you will see that even the youngest infants who close their eyes when you pull a shirt over their heads are partnering in their first steps to doing these daily tasks independently. Bathing and dressing are chances to deepen your relationship as you work as partners and learn more about each other.