

SUPPORTING OPTIMAL BRAIN DEVELOPMENT WITH BABY DOLL CIRCLE TIME



A Read to Succeed Workshop
UNITED WAY OF GREATER NASHVILLE



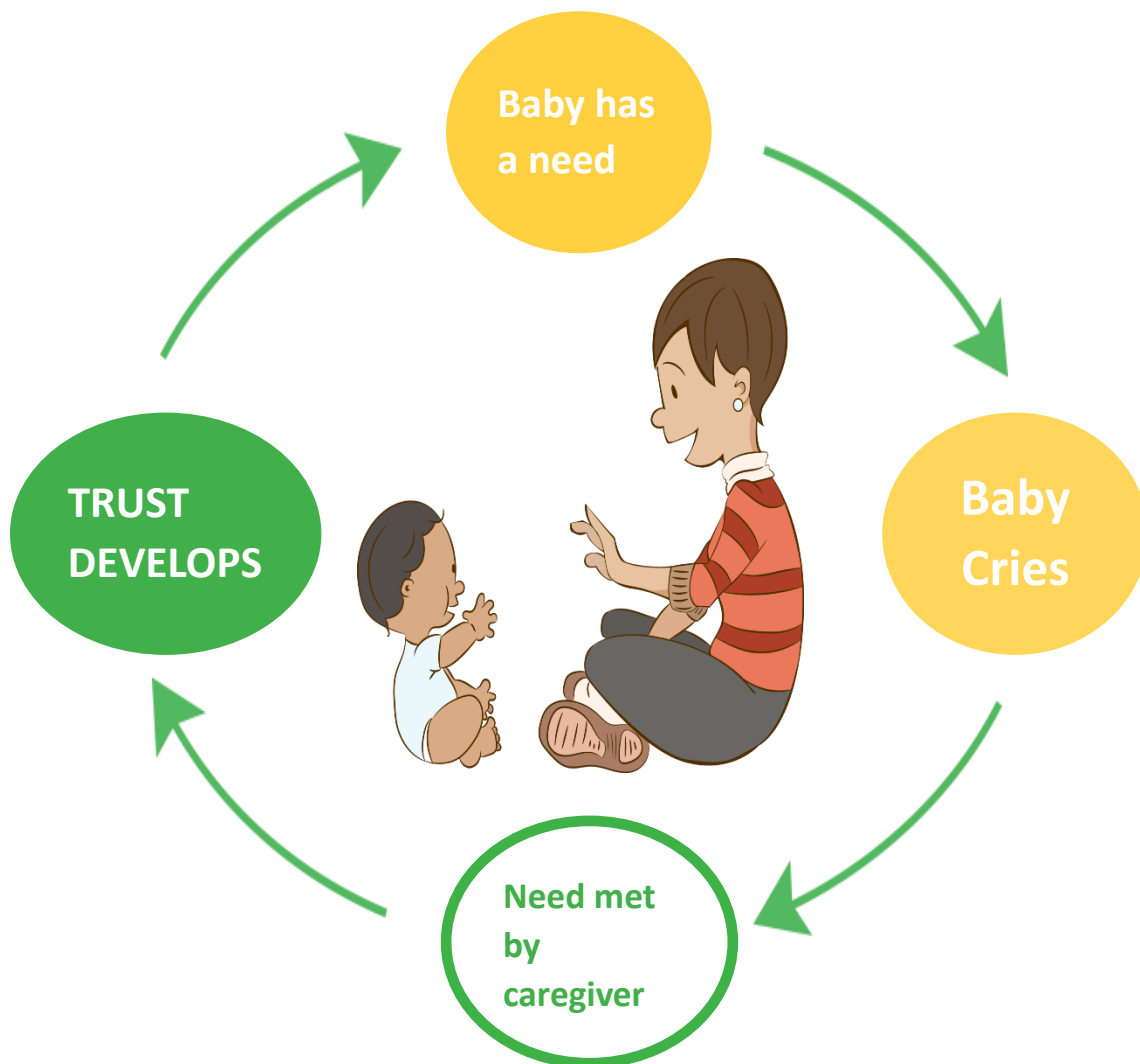
All information from: Bailey, B.A. and Montero-Cefalo, E. (2012). Baby Doll Circle Time: Strengthening attachment, attunement and social play. Loving Guidance INC. Oviedo, FL.



Babies brains develop best through attachment, attunement, and social play.

Attachment system review:

- The attachment system is designed to keep you safe by ensuring that you are secure and connected.
- The attachment system turns on when you feel threatened and signals the need for proximity to your attachment figure.
- The function of the attachment system is to facilitate exploration and learning by establishing a “Felt Sense of Safety.”



Attunement review:

Attunement is the basis of secure attachment

Attunement happens when one person is able to consciously focus his or her attention on the internal world of someone else.

The process of Attunement:

Joint Attention

Mutual Regulation

Communication

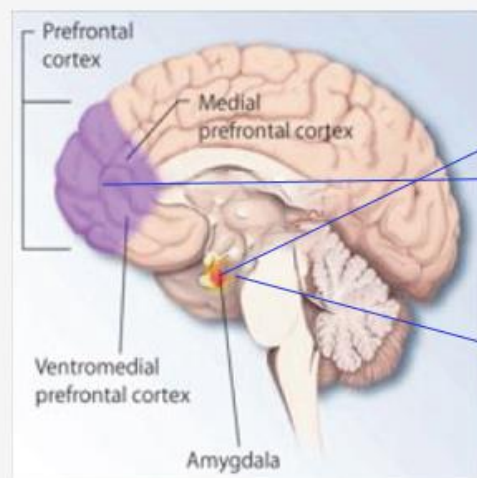
Attunement DNA:

Describe (what is the child's body doing?)

Name (Name the feeling, "You seem angry.")

Acknowledge ("You wanted __. I'll keep you safe/That's hard.")

Toxic Stress Alters Brain Development



Amygdala:
Activates the stress response.
Toxic Stress: Enlargement

Prefrontal Cortex:
Usually a check to the amygdala.
Toxic Stress: Loss of neurons, less able to function.

Hippocampus:
Major role in memory and mood.
Toxic Stress: Impairment in understanding and emotion.

Baby Doll Circle Time



Uses attachment, attunement, and social play to wire the brain for optimal development.

Reduces the stress of out-of-home care

Increases the positive relationships and joy between caregivers and children



Materials Needed:

- Multiethnic baby dolls (one per child)
- Large basket/container to hold all dolls
- Small blankets or dish towels (one per child)
- Doll Diapers
- Hypoallergenic lotion and band-aids (optional)
- Baby Wipes (or wash cloths)
- An Intention to Connect

How It's Done



1. Transition to Getting Your Baby



2. Beginning Awareness



3. Connection



4. Cuddling and Soothing



5. Ending and Transition to Next

Baby Doll Circle Time – Creating Success



Content –
Know your lesson.



Intent –
The goal is Connection.

Strategies for Success:

Notice – “You held your doll upside down.”

Encourage – “You did it!”

Add language to nonverbal actions – “You put your baby doll down to show me you were finished playing.”

Seating – put challenging children across from you.

Slow Down singing and speaking

Add sounds to the activities to get attention and build vocabulary

Use transition songs

Keep it short! – 5 – 10 minutes is all you need

Start playing 3 times a week and let the kids tell you how often they want to play in addition.

Solve the Problem Before It Starts:

Allow Choice	Focus on Engagement	Find Opportunities	Include Families
Allow an “open house” circle time, children can come and go as they want.	Focus on what engages each child to promote connection during one-on-one time.	Find times that you already have the opportunity for one-on-one with your children to do those activities (diapering, before snack, centers)	Include parents in the fun by letting them know what you are doing and why.

Notes: