

# Getting More

From



[www.aplaceofourown.org](http://www.aplaceofourown.org)

## A Workbook

for

## People Who Care for Children



Major funding is provided by





Host Debi Gutierrez

"You are your child's first teacher."

It's not just a slogan that ends episodes of the television series *A Place of Our Own*. When we care for children, we want to prepare them to thrive, socially, educationally, and physically. *A Place of Our Own* is designed to help. It can inform and inspire. And with the investment of a little bit of your time, it can help you build on the parenting and childcare-giving skills you already have.

## The Television Series

*A Place of Our Own* is a daily television show hosted by Debi Gutierrez, former teacher, stand-up comedian and mother, which airs on public television stations (consult local listing). The series is dedicated to the unique needs of parents, grandparents, and other caregivers of young children. It has a comprehensive website, parent/caregiver outreach training program and educational resource materials.

Each 30-minute episode includes:

- Problem-solving discussions with real parents and childcare providers
- Footage of real-world child / adult interactions to demonstrate concepts and techniques
- Interviews with early childhood specialists who provide valuable tips on how to raise smart, healthy and happy children
- Practical advice on how to tackle common childcare problems
- Activity ideas for arts & crafts, cooking, games, and more
- Strategies and resources for professional development
- Companion web resources

The series covers issues in 8 major topic areas:

1. Child Development
2. Special Needs
3. Health and Safety
4. Social and Emotional Development
5. Early Learning Areas
6. Play and Creativity
7. Childcare Management
8. Professionalism

The time you spend with children is so important to the kinds of learners and people that they will become. *A Place of Our Own* recognizes and celebrates your role. Together we can help prepare children to succeed in school and in life.

As you watch *A Place of Our Own* you will find that these topic areas overlap. Each area is important, unique and related to one another. Taken together, they provide a powerful foundation for a child's healthy development.

## How to Use This Workbook

The questions in this workbook are designed to help you **review** (what did I see or hear?) and **reflect** (how does what I heard or saw apply to my own actions?). Each section approaches parenting and childcare from a different angle. All three sections are designed to help you transform children's time with you into a rich, fun, and rewarding educational experience.



Questions can be used in several different ways:

- **Keep questions handy as you watch** as a guide to taking notes. (You may want to photocopy the page before writing so you always have a clean master).
- **Review questions before viewing** as a reminder of particular things you want to look for.
- **Use questions after viewing to reflect** on what you currently do and how you might integrate perspectives or ideas from the program.
- **Watch an episode more than once** using different questions each time to focus on different kinds of information.

**The idea isn't** to answer every question each time you view, but rather, to select a section or a couple of key questions to guide viewing so that you learn more from the viewing experience.

### What you do is important.

The producers at *A Place of Our Own* want to provide you with resources that can help enrich children's learning. For additional information about the series and educational resources, visit us on the web: [www.aplaceofourown.org](http://www.aplaceofourown.org) or [www.losniñosensucasa.org](http://www.losniñosensucasa.org).



Imagination Expert Alec Colchico

# What Am I Learning About My Own Routine

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What did I see or hear that will help me improve my childcare abilities?

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What did I see or hear that will help me provide new learning opportunities for my children?

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What things about my current routines were reinforced? (What things will I continue?)

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What things about my current routines were challenged? (What things will I change?)

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What is one new thing I will try?

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One question I still have is: (I can probably find an answer to that question by:)

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What resource, organization, or website did I hear about that can help support my efforts?

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# Supporting Children's Learning

Each of the four learning areas on the grid are important for children's healthy development. You can use the grid in two ways:



**Take a look at the activities you do every day** to see if each of the areas is represented. Look for episodes of *A Place of Our Own / Los Niños en Su Casa* that address any areas that are not regularly included in your daily routine.



**As you watch an episode, use the grid to take notes,** putting new ideas or information in under the appropriate category. In the *Age Appropriate Expectations* box, take special note of what is reasonable to expect from the age, abilities, and special needs of your children. In the *Program Notes* box, jot down general information and activity ideas.

## 1 Physical / Kinesthetic

EXAMPLES: movement; gross and fine motor skills; coordination & balance; expression (e.g., dance); knowing body parts; learning spatial concepts by moving (e.g., fast/slow; up/down; left/right); physical health

AGE APPROPRIATE EXPECTATIONS: \_\_\_\_\_  
\_\_\_\_\_

PROGRAM NOTES: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 2 Social / Emotional

EXAMPLES: Impulse control; getting along with others; naming feelings; conflict resolution; appreciating others, even across differences; comfort exploring new things (e.g., food, activities); good decision making

AGE APPROPRIATE EXPECTATIONS: \_\_\_\_\_  
\_\_\_\_\_

PROGRAM NOTES: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 3 Cognitive (Thinking)

EXAMPLES: reading, writing, language development, vocabulary; problem solving, logic; sequencing, memory; numbers, symbols, colors, shapes, etc.

AGE APPROPRIATE EXPECTATIONS: \_\_\_\_\_  
\_\_\_\_\_

PROGRAM NOTES: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 4 Creativity

EXAMPLES: storytelling; problem solving; quiet time, daydreaming; dramatic play; expression through art, dance, or music; imagination; unstructured (free) play

AGE APPROPRIATE EXPECTATIONS: \_\_\_\_\_  
\_\_\_\_\_

PROGRAM NOTES: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Adopting An Activity

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Name of Activity:  
\_\_\_\_\_

I plan to do this activity on:  
\_\_\_\_\_  
\_\_\_\_\_

I will need the following things:  
\_\_\_\_\_  
\_\_\_\_\_

My goal(s) for the activity is:  
\_\_\_\_\_  
\_\_\_\_\_

What children will do is:  
\_\_\_\_\_  
\_\_\_\_\_

Familiar vocabulary words that I will help children practice during this activity include:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

New vocabulary words that I will introduce during this activity include:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Familiar skills or concepts that I will help children review during this activity include:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

New skills or concepts that I will help children learn during this activity include:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

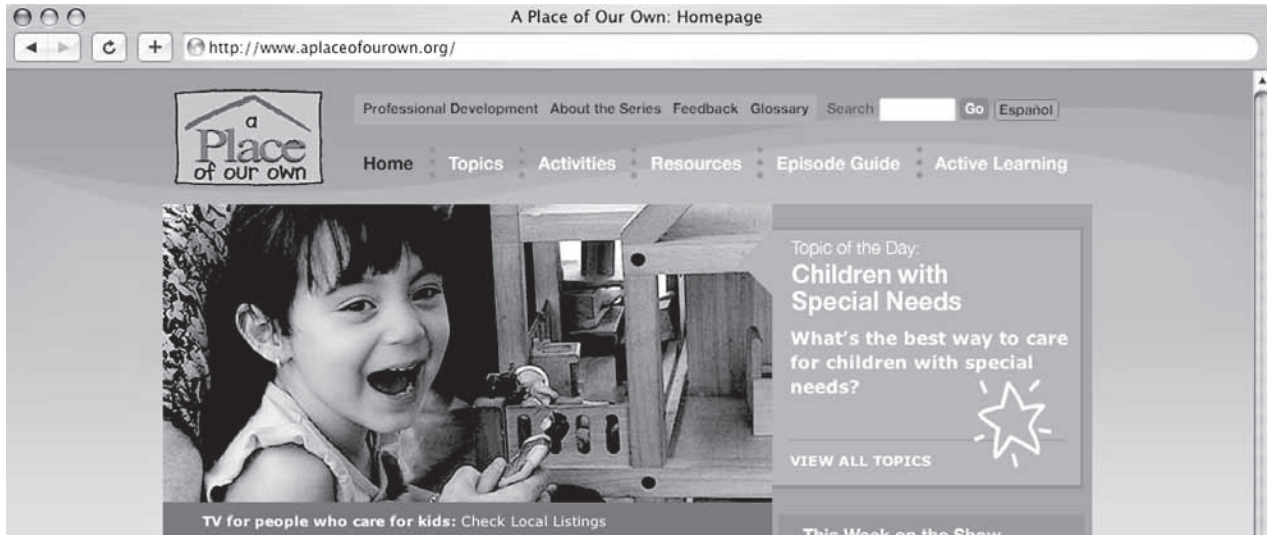
I could adapt this activity for each child in my care by:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



www.APlaceofOurOwn.org

Your Gateway to

Resources For Child Care



### Episode Descriptions

Review the content of any episode, including video clips, comments from guests and specialists, additional information on the featured topic, and links to related episodes and recommended resources.

### Activities

Find all the instructions you need for more than 100 activities featured on *A Place of Our Own*, including a materials list and summary of learning objectives. You can even search for activity ideas by topic or learning area (e.g., "crafts," "recipes," "science," or "literacy").

### Topics

Search by keyword or browse the website by topic. Find articles, related links, episodes and activities.

### Active Learning & Feedback

Get the most out of what you see and hear on the show. Explore our online workshops, ask a question, or sign up for our e-newsletter.

### Schedules

Find out when your PBS station broadcasts *A Place of Our Own* and check on upcoming topics so you can plan to view or record episodes relevant to your needs.

### Resources & Related Organizations

Order our DVDs, look up a term in the glossary, download tip sheets or find links to early childhood education organizations and resources.

### People Like You

Meet outstanding parents and caregivers.

### Events & Professional Development

Find "how to" information on licensing and accreditation and about workshops and special events in your community.

The website includes additional information on every topic listed below.

 Circle the topics that you want to search:

Aggression	Mathematics
Arts & Crafts	Music
Biting	Nurturing Environments
Brain Development	Nutrition
Bullying	Partnering with Families / Caregivers
Child Care Management	Physical Development
Child Development	Play, Importance of
Choosing Books	Poetry & Rhyme
Choosing Media	Potty Training
Cognitive Development	Preventing Childhood Obesity
Conflict Resolution	Print-Rich Environment
Cooking	Professional Development
Creating Learning Spaces	Professionalism
Creativity	Reading Aloud
Cultural Awareness	Reading to Different Ages
Dance	Safety
Discipline	Schedules & Routines
Diversity	Science
Early Learning Areas	Sharing
Embarrassing Questions	Social and Emotional Development
Evaluating Children's Progress	Social Studies
Family Literacy	Special Needs
Gender	Storytelling
Getting Along with Others	Storytime
Health	Taking Care of Yourself
Hitting	Teachable Moments
Inclusion	Television and Learning
Kinesthetic Learning	Television as a Teaching Tool
Language Development	Transitions
Learning about the World	Using Media
Licensing & Accreditation	Writing
Literacy	Writing Names







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AIRS ON PUBLIC TELEVISION STATIONS  
(CONSULT LOCAL LISTINGS)



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