

## Developmental Support Plan

Infants and young children require nourishment from their families, communities and culture. This Developmental Support Plan provides some everyday strategies to help your little one grow to be happy and healthy in Communication, Gross Motor, Fine Motor, Problem Solving, and Social-Emotional.



Child's Name: George

Child's Age: 3 years and 2 months

Plan Creator(s): Amber

Creation Date: Sept. 29, 2023

Additional Information:



## Why Our Relationship Matters

Play is very important to my development and when you introduce me to new scenarios in our imaginary play, it helps me build on my social skills.

I like to share my experiences and my feelings - please be patient, sensitive and supportive when I share my thoughts and ideas.

Even though I am much more independent now, your consistent responses still make me feel safe.

By following my lead and being my play partner, you help me grow.





## How I Can Understand You and Talk to Others

### What I can already do:

I can describe what is happening in my favourite book.

### My next goal:

I will learn to understand and follow instructions.

### How you can help me reach my goal:

1. Introduce me to simple games that have a limited number of rules and instructions. Let's play "Simon Says"! This game helps me pay attention to the things you say, listen to directions, and follow up with action. Some other great games as I get older are "Snakes and Ladders", "Trouble", the memory game, or hide-and-seek.
2. Always keep directions short and simple. Get down to my level when you are giving me instructions, and speak clearly and gently.
3. I am happy to be your special little helper while you are getting dinner ready. There are certain things I could do that are safe. For example, I can mix ingredients in a bowl or tear lettuce for a salad. Make sure to talk about safety while we are cooking. I will enjoy spending 1-on-1 time with you in any setting.

### Why this is important to me:

I get better at following directions when you give me lots of practice! Everyday tasks can easily be made a part of my daily routine so that I, eventually, begin to do chores on my own and without being asked.

When you make eye contact with me during conversations, it lets me know I have your full attention. Keeping my attention will help me listen to what you are saying and understand the directions.

When you give me small responsibilities, I will develop new skills. This will help me become more independent and will increase my self-confidence.



## How I Show My Feelings and Act Around Others

### What I can already do:

I can play well with my peers.

### My next goal:

I will learn to recognize what I am feeling and communicate my emotions.

### How you can help me reach my goal:

1. When I am overwhelmed, and maybe even misbehaving, it is important that you stay near me and talk to me about what I am feeling. Be there to help me manage these feelings. Please comfort me when I am upset. It is important to me that you are consistently available to give me support when I need it.
2. Books which show children or animals who are afraid, mad or sad are good to read from time to time. When we talk about why these characters may be feeling the way they do, I can understand that my feelings are normal too.
3. Create and follow a daily routine for me. This will help me begin to learn about structure because I can predict what is going to come next in my day.

### Why this is important to me:

When you help me understand my distress or discomfort, and try to comfort me, I will begin to learn to recognize what helps me feel better. Modeling positive behaviours and interactions will teach me how to be with others in a socially appropriate way.

Learning how to express my feelings and emotions in a way that does not hurt or disturb others is important for my overall development, especially my thinking skills.

Providing me with clear boundaries and structure helps me manage my emotions and behaviour.

Child's Name: Amir

Creation Date: September 29, 2023



### How I Can Understand You and Talk to Others

**Goal:** I will learn to understand and follow instructions.

**Strategy:**

Always keep directions short and simple. Get down to my level when you are giving me instructions, and speak clearly and gently.



### How I Move My Body

**Goal:**

**Strategy:**



### How I Use My Hands

**Goal:**

**Strategy:**



### How I Explore and Figure Things Out

**Goal:**

**Strategy:**



### How I Show My Feelings and Act Around Others

**Goal:** I will learn to recognize what I am feeling and communicate my emotions.

**Strategy:**

When we talk about why book characters may be scared, sad or mad, it helps me understand that my feelings are normal too.