

# Journal for: Relationships as the Foundation of Quality Infant & Toddler Care

## **Relationship-Building Skills**

**Journal Entry 1:** What does my 'turn to' person do when I share?

**Journal Entry 2:** How do I feel when I am with my 'turn to' person?

**Journal Entry 3:** Describe an interaction with a parent. What happened?

- Describe the feelings you experienced during this interaction.
  
- How do you think the parent felt during this interaction?  
How do you know?

Think about the relationship-building skills listed on the Self-Assessment. Which relationship skill did you use?

- How do you think it helped promote a positive relationship with this parent?
  
- Which relationship skill might you use next time? Why?

## **Journal Entry 4:**

Describe a simple interaction with a baby. What happened?

- What do you think the baby was feeling? How could you tell?
- Now, consider how your 'turn to' person makes you feel. How does that compare to what you think this baby felt during your interaction?

Think about the Relationship-Building Skills listed on the Self-Assessment. Name one relationship skill you used in this interaction.

- How did it help promote a positive relationship with this baby?
- Which relationship skill might you use next time? Why?

**Journal Entry 5:** From your Self-Assessment Worksheet, select one relationship-building skill that you want to improve. Which relationship-building skill did you choose?

What will you do tomorrow to improve it?

**Extend your plan:**

- Prioritize the list of skills you've identified as needing improvement.
  
- Identify resources to read, watch, listen to or participate in that will help improve your skills.
  
- Enlist others to help you improve your skills through coaching, mentoring, or observation and feedback.
  
- Continue to learn more about the importance of relationships by exploring other.
  
- Share your success with other at your work.