



PAL Community Meeting #2: Supporting Playspace Shift Routines

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Playspace shift routines

How you can establish Playspace routines to help support children's sense of predictability and consistency





“As children, routine gives us a sense of safety. As adults, it gives us a feeling of purpose”

—Brianna Weist



Discussion:

Think about some of the most successful Playspace shifts you have experienced and share with the PALs seated near you:

What strategies has your Playspace shift implemented in the form of a routine that has already been successful?

- *Welcoming children and families*
- *During the Playspace shift*
 - *While redirecting group dynamics*
 - *Redirecting to a more structured activity*
- *Supporting children during the “goodbye” transition from Playspace*





Establishing a consistent schedule

Showing up consistently each week and on time already sets the groundwork for developing consistency and routine! The children look forward to familiar faces and are always so excited to spend time in Playspace with the PALs!

Access points for establishing routines

Routines

Arrival

Have roster, create name tags; Greet parents and enthusiastically helps to build trust, welcome children individually

Child-directed Play

Have craft/activity set out; PALs spread out around room to increase child to adult interaction, empower choices, narrate play

Structured Play

Save structured activity until the end (paint, playdo, bubbles, charades); Use music or cueing to gain attention

Goodbye transition

Cue transition time; Model clean up; Use songs, bubbles; Share a positive story with parent, end of shift game

Shift routines best practices

Model positive behaviors

Praise and positive reinforcement; Modeling turn taking, cleaning up

Visual and auditory cues

Narrating play; Feelings mirrors to model emotions, visual choices

Being flexible and responsive

Adapt and accommodate routines; Adjust your approach as needed, meet children where they are at

Encourage participation

Warmly inviting children to play; Encouraging choices

Keep it simple

Clear, concise and age appropriate language
Break down tasks:
"First/Then"

Collaboration and teamwork

Use positive language and affirmations; Acknowledge contribution and uniqueness

Thanks!

Do you have any questions?

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