Environment Rating Scales:
Implementation of Personal Care Routines Practices

Why these practices are important for children's development

Personal care routines, such as meals, diapering/toileting, nap/rest time, and hygiene practices are a large part of a child's typical day, so it is really important to support learning and development while engaged in those routines. Protection of children's health and safety is the foundation of providing the quality care they need to learn and thrive.

Key Implementation Practices

- Provide nutritious meals and snacks to children to support their development. Also, provide water between meals.
- Ensure meals and feeding times are pleasant, relaxed, and meet the needs of individual children.
- Build relationships and provide learning opportunities during children's daily personal care routines. You can count, sing, and talk about the child's interests (infants, toddlers, or preschoolers) as you support them with diapering/toileting, handwashing, and feeding/eating. For example, when changing a child's diaper, count toes in a playful way.
- Interact with children as they are engaged in daily personal care routines to encourage their sense of independence. Provide guidance on handwashing, feeding/meals, diapering/toileting, and other common personal care routines – and give positive feedback when children are attempting to learn new skills and/or help with the tasks.
- Provide rest and naptimes which meet each child's individual needs.
- Look for and remove any potential safety hazards regularly and follow current health and safety guidance to keep yourself and the children safe.

Additional Resources

- Nutrition Standards for CACFP Meals and Snacks: https://www.fns.usda.gov/cacfp/meals-and-snacks
- *Safe and Healthy Diapering*: https://www.cdc.gov/healthywater/pdf/hygiene/Diapering-procedures-childcare-508c.pdf
- *Nap Time is for Letting Go:* https://www.naeyc.org/resources/pubs/tyc/dec2016/nap-time-letting-go
- *Enhancing the Diapering Routine: Caring, Communication and Development:* https://www.naeyc.org/resources/pubs/yc/jul2018/enhancing-diapering-routine





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