

Name: _____

Date: _____

I am like this	This is something I can learn	Apprentice Self-Reflection
		PERSONAL QUALITIES AND PRESENCE
		I am relaxed and comfortable, yet alert
		I maintain good eye contact, often get down to a child's eye level
		I speak with a voice that is gentle, quiet, calm and firm; sends messages that are direct and clear
		I have a clean, healthy, professional appearance and wear clothes that are appropriate to the day's work
		I listen carefully and respectfully
		I touch children often with movements that soothe, guide, redirect, reassure, reinforce
		I have a high tolerance for noise and movement and don't expect order every moment
		DESIGN OF LEARNING ENVIRONMENT
		I create an environment where children are comfortable enough to verbalize their feelings
		I create an atmosphere that is comfortable, home-like and safe
		I provide an organized, structured schedule to reassure children
		I foster inquisitiveness about the physical world
		I facilitate social interactions among children
		I question and explore with children so that all learn through discovery
		I maintain an organized, clean classroom/home
		I consider the outdoors part of the learning environment
		CARE GIVING STYLE AND STRATEGIES
		I enjoy children and express genuine interest in them
		I am willing to learn from children and follow their lead
		I relate to each child's personality and developmental level
		I use positive statements
		I create opportunities for one-to-one activities with children
		I am aware of differing moods of children, and adjust standards for them when they are fatigued, irritated, over stimulated, or stressed
		I remain in control in difficult situations
		I enjoy humorous incidents with children, and am able to laugh with them
		I have a plan and a set of goals for each day
		I set consistent, realistic limits
		I provide guidance in the development of good habits for eating, resting, toileting, learning, and exercising
		I am responsive to children's rhythms and tempos
		I honor cultural differences

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		PROFESSIONAL RESPONSIBILITIES
		I make a conscientious effort to expand knowledge of good early childhood care
		I manage time well
		I demonstrate pride in being a child care practitioner
		I take advantage of learning opportunities provided
		RELATIONSHIPS TO OTHER TEACHERS/PROVIDERS (if applicable)
		I attend regular staff meetings and workshops
		I accept criticism and am responsive to changes
		I get along well with others
		I ask for help when needed
		I am quick to express approval and support for co-workers
		I can listen to suggestions and ideas but am not just a "yes" person
		I am aware of others' needs in a classroom and am prepared to "take over" when necessary
		I lead, share leadership and/or steps when necessary
		I am a team player
		RELATIONSHIP TO PARENTS
		I communicate with parents at drop-off and pick-up times, and am available as needed throughout the day
		I schedule parent conferences when needed
		I do not discuss children's behavior in their presence
		I respect families' right to privacy by keeping discussions confidential
		I assist parents with goals for their children
		I see my role as part of a support system to parents, helping to strengthen families
		I ask parents for their insights about their children
		I assist parents with locating family resources in the community