

# Baby Doll Circle Time Tip Sheet

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## Baby Doll Circle Time

The brains of young children develop best through attachment, attunement, and social play. Baby Doll Circle Time is designed to:

- Use attachment, attunement, and social play to wire the brain for optimal development.
- Reduce the stress of out-of-home care
- Increase the positive relationships and joy between caregivers and children.

Baby Doll Circle Time achieves this through:

- circle time - where children interact with their baby dolls in a group setting
- one-on-one rituals – where the caregiver conducts the same interacts with each child individually.

## For the Classroom and Center

- Materials Needed:
  1. Family Communication – to be sent out prior to starting Baby Doll Circle Time (or before any major changes to its use)
  2. Multiethnic baby dolls (one per child)
  3. Large basket/container to hold all dolls
  4. Small blankets or dish towels (one per child)
  5. Doll Diapers
  6. Hypoallergenic lotion and band-aids (optional)
  7. Baby Wipes (or wash cloths)
  8. An Intention to Connect
- Steps to Success:
  1. Send out family communication prior to starting or changing the Baby Doll Circle Time. Communicate in as many ways as possible: meetings, letters home, emails, phone, text, etc.
  2. Transition to getting your baby
  3. Beginning awareness
  4. Connection
  5. Cuddling and soothing
  6. Ending and transition to next
- Strategies for Success
  1. Notice – “You held your doll upside down.”
  2. Encourage – “You did it!”
  3. Add language to nonverbal actions – “You put your baby doll down to show me you were finished playing.”
  4. Seating – put challenging children across from you.
  5. Slow Down singing and speaking
  6. Add sounds to the activities to get attention and build vocabulary
  7. Use transition songs
  8. Keep it short! – 5 – 10 minutes is all you need
  9. Start playing 3 times a week and let the kids tell you how often they want to play in addition.

- Solving Problems before they start:
  - Allow Choice
    - Allow an “open house” circle time, children can come and go as they want.
  - Focus on Engagement
    - Focus on what engages each child to promote connection during one-on-one time.
  - Find Opportunities
    - Find times that you already have the opportunity for one-on-one with your children to do those activities (diapering, before snack, centers)
  - Include Families
    - Include parents in the fun by letting them know what you are doing and why.

## Resources

- Baby Doll Circle Time: Strengthening Attachment, Attunement, and Social Play
- Baby Doll Circle Time Resources
  - <https://consciousdiscipline.com/free-resources/shubert/sophies-classroom/baby-doll-circle-time/>
  - <https://consciousdiscipline.com/videos/baby-doll-circle-time-tips-from-author-dr-becky-bailey/>
  - <https://consciousdiscipline.com/videos/baby-doll-circle-time-empowers-a-child-with-autism-to-learn-social-skills/>
  - <https://consciousdiscipline.com/videos/baby-doll-circle-time-meeting-the-needs-of-infants-and-toddlers/>