

Family Child Care: Physical Development Competency Reflection

Competency Reflection

Each statement below refers to behaviors or attributes you should demonstrate when interacting with children and families. Many of the competencies are directly observable during your typical workday. Other competencies may be assessed through conversations with your trainer, coach, or administrator. For each of the statements, select your current level of mastery. A similar version of this tool will be used by your trainer, coach, or administrator to guide their observation of your competencies in this content area.

E Emerging

You believe you need more information to understand or incorporate a particular competency into your practice

D Developing

You believe you have an understanding of the competency, and are working to properly apply it your work

M Mastered

You believe you have fully mastered and consistently implement a particular competency

COMPETENCY	REFLECTION			NOTES
I Direct Observation				
1 Provide all children with opportunities that promote their physical development.	E	D	M	
2 Model healthy behavior.	E	D	M	
3 Participate with children in games and activities so that they see adults enjoying physical activity.	E	D	M	
4 Respond to children's physical needs quickly and appropriately.	E	D	M	
5 Encourage children to work together and create their own games and activities.	E	D	M	
6 Encourage children to safely explore nature.	E	D	M	
7 Provide encouragement to children who may be struggling with body image issues or self-esteem.	E	D	M	
II Observation or Conversation				
1 Demonstrate developmentally appropriate expectations for children's physical growth and development.	E	D	M	
2 Recognize that not all children reach physical developmental milestones at the same time and respond appropriately to these differences.	E	D	M	

COMPETENCY	REFLECTION			NOTES
3 Ask for input from children's families and related professionals about children's physical growth and development and be responsive to families' preferences and needs regarding their child's physical development.	E	D	M	
4 Consider different types of movement (intensity, position, muscle group) when planning activities and experiences that will allow for observation of children's motor skills.	E	D	M	
5 Develop positive relationships and communicate with families about their children's physical growth and development.	E	D	M	
6 Help families understand the significance of play in children's physical development.	E	D	M	
7 Ask families to share favorite physical or play activities from home so that they can be implemented in the program.	E	D	M	
8 Invite families to participate in school events that promote physical activity and wellness.	E	D	M	

III Environmental Evidence

1 Offer materials and experiences that help children grow and develop physically.	E	D	M	
2 Provide sensory-stimulating activities and materials.	E	D	M	
3 Adapt the environment as children change and develop physically.	E	D	M	
4 Share handouts about physical development with families.	E	D	M	
5 Provide books that cover topics on wellness and physical activity.	E	D	M	

IV Concluding Reflections

My overall strengths in this area:

COMPETENCY

REFLECTION

NOTES

I want to strengthen my practice in:

My plans to achieve these goals: