



# Making the Most of Our Time Together

## 1

### Supply Safety Plan

As we spend time together, we'll do lots of fun activities with your child. During playtime, we'll always keep safety in mind.

To support you in making activities a safe experience for your child, we have created a Supply Safety Plan. It provides you with a list of things you can consider as you join your child for activities during our visits.

Every family is unique, **AND** you know your child the best. We invite you to use this list as a guide when making decisions that you feel are safest for your family during our visits.

As we play with your child during visits, some things we can consider are:

#### 1. Using safe household items for play.

Activities will often encourage us to use things from around the environment. As we collect these objects, we can think about if items have sharp edges, are too heavy, or could break.



Some safe household items my family can use during activities:

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#### 2. The size of the item and who is in the visit.

You know your family the best. Babies, toddlers, pets, and some preschoolers might explore by putting things in their ears, nose, or mouth. If you have concerns about this, we can avoid using items that are small enough to fit through a toilet paper roll or make sure to always keep these objects out of reach of younger children or pets.



How I would like to use smaller items with my family during activities:

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Continued



### 3. Which art materials are best for your family.

The experts share that nontoxic creative supplies will include a seal that reads **AP**, which stands for **Approved Product**. This label can reassure parents the product has been tested and is considered nontoxic.



Another important code to look for is **ASTM D 4236**. This code lets individuals know that the product has been tested and lists all the potential hazards that the product may cause. If you **ONLY** see the ASTM D 4236 code **WITHOUT** the AP seal, the product isn't considered nontoxic. However, if you see the code ASTM D 4236 **AND** the AP seal, the product is considered nontoxic. Visit <https://acmiart.org/> to review their list of safe products.

Art supplies I would like to use during activities:

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### Supply Safety Plan

On \_\_\_\_\_ (date), \_\_\_\_\_ (Service Provider's name) supported me to develop a Supply Safety Plan that I feel best meets my family's needs. I understand the importance of following my safety plan when doing activities with my child during visits.

I agree to follow my Supply Safety Plan during visits.

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Print Parent's/Family Member's Name      Date      Print Parent's/Family Member's Name

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Print Parent's/Family Member's Name      Date      Print Parent's/Family Member's Name

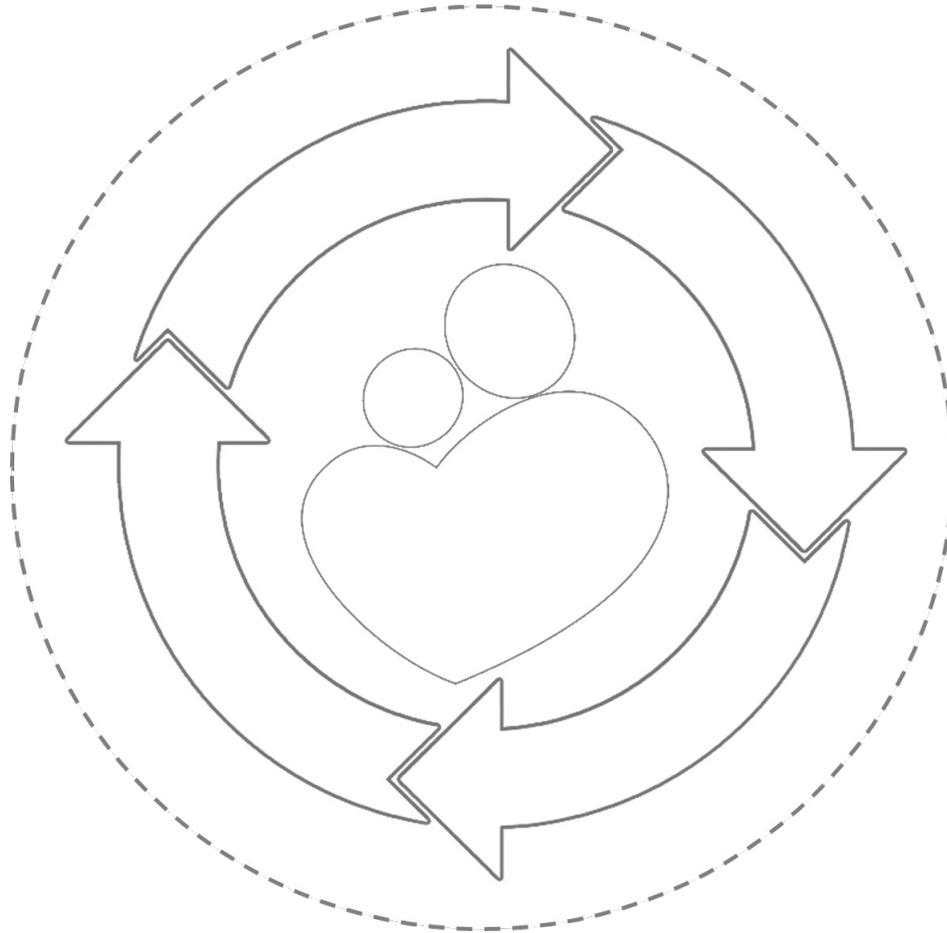
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Service Provider's Signature      Date



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## The 4 Me's™ Magnet Cutouts Page





# The 4 Me's™

*Support your child to feel safe and secure, loved and valued, curious and capable.*

Relationships are the heart of child development. You can begin to bond with your baby and start to grow a secure attachment relationship with them even before they're born. Children grow and thrive in the context of loving and caring relationships. When children are seen and understood, connected and soothed, and nurtured and encouraged, their development can flourish across all learning domains.

## Encourage Me...

*Show your child they're valued.*



- Point out their efforts
- Let them know you're proud of them
- Think and say positive things about them and your relationship with them
- Keep an interaction going
- Help them problem solve

## See Me...

*Notice and tune into your child.*

- What do you think they're experiencing?
  - What has captured their attention?
- What are they trying to tell you with their sounds, words, body movements, or facial expressions?
  - How might your feelings and actions be impacting them?
  - Imagine what they might be like when they arrive

## Nurture Me...

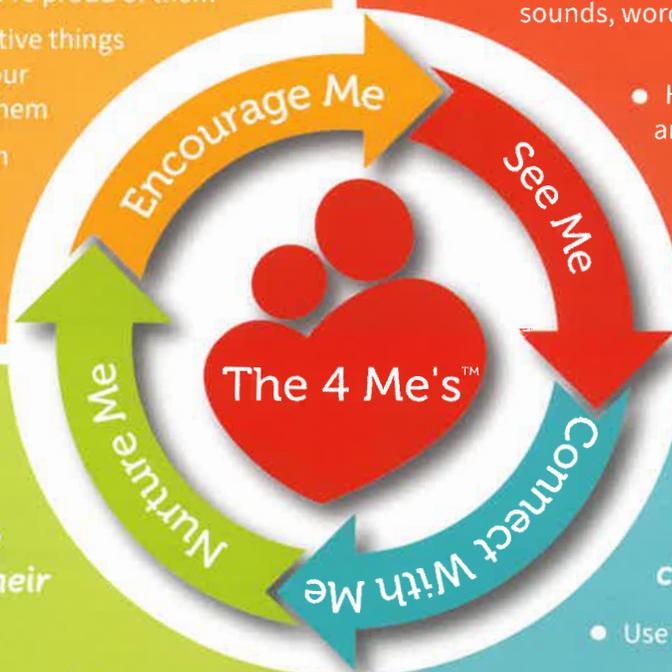
*Help your child to learn and grow their skills.*

- Do something to support them and their learning; provide just enough help
- Describe their world and wait for their response; encourage them to use their words
- Have predictable routines and set limits
- Take care of your own and your child's health and well-being

## Connect With Me...

*Respond to your child with warmth.*

- Use your voice and touch to let them know you care
- Put their feelings into words
  - Join them in their play
  - Have back-and-forth conversations
- Limit distractions and provide your full attention



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## Potential Payoffs for Children

What are the potential benefits for children when parents use **The 4 Me's™** many times throughout the day?

Children may:

- Be more likely to succeed in school
- Feel like they can manage stress better
- Develop stronger language skills
- Find that it's easier to connect with others' feelings
- Be more likely to develop meaningful and healthy relationships
- Feel more independent or able to solve problems as they grow up

## Potential Payoffs for Parents

Parents may:

- Feel like they have an easier time supporting their children to manage their emotions
- Develop a stronger bond with their children
- Find that they have more opportunities to support their children's interests and curiosities
- Feel like they have more one-on-one time with their children to create joyful moments
- Find that they have more conversations or opportunities to talk with their children
- Feel more in tune with their children's needs and feelings

