

Provider Tip of the Week

November 24, 2021

Reflective Practice



Thanksgiving is a time to express gratitude, and reflective practice can help people connect with feelings of gratitude. Reflective practice is the act of thinking about our experiences in order to learn from them for the future.

As a provider, you may want to find time to reflect and encourage families to do so as well. You can try:

- Discussing the benefits of reflection for both caregivers and children. Reflection enables children to develop perspective, identify areas for growth, boost creativity, and cultivate emotional intelligence.
- Modeling this behavior by asking a child “what was your favorite part of the visit and why?” and “what was your least favorite part of the visit and why?”

Wishing all providers and families a wonderful Thanksgiving holiday.

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