

Session 2.2

Personal Care Routines



Video - Introduction to Personal Care Routines

The key person approach is about using everyday routines to strengthen and build good attachment relationships. This session is all about ensuring that everyday personal care routines are carried out with warm, intimate interactions and respect.

Key Points:

Task 1



Personal Care - video clip 1



Personal Care - video clip 2



Personal Care - video clip 5



Personal Care - video clip 3



Personal Care - video clip 4

Watch the following 5 short video clips showing practitioners carrying out personal care routines with their key children, and note:

- How the child responds to the key person?
- In what way the key person involves the child in the process and the level of intimacy involved?



Personal Care Routines - video clip 1



Personal Care Routines - video clip 2



Personal Care Routines - video clip 3



Personal Care Routines - video clip 4



Reflection

Not all care routines are always carried out in this manner. Most practitioners can think of times when they have perhaps been rushed or stretched and interactions may have been hurried and maybe not so personal.

Take some time to reflect on the following questions and note down your thoughts...

- Can you think of times when you have felt rushed or stressed carrying out personal care routines?

1. Why was this?

2. What would have helped?

Action to be taken

What action can you/your setting take to improve respectful interactions whilst engaging in personal care routines?