

Baby Doll Circle Time™

Children develop best within the context of caring relationships. **Baby Doll Circle Time™** provides the opportunity for young children to experience being the nurturer by interacting with their baby dolls (or teddy bear) in the same ways that we as caring adults might interact with them. As the children play with their dolls, they relive and strengthen the attachment and connection that they have with their caregivers and parents. **Baby Doll Circle Time™** is a way to ensure that children experience the attachment, attunement, and social play required for optimal brain development.

The goals of **Baby Doll Circle Time™** are to:

- ♥ Enhance attachment
- ♥ Increase self-regulation
- ♥ Promote trust
- ♥ Foster attunement skills



Strategies for implementing **Baby Doll Circle Time™** with your group:

- ♥ Be consistent, follow the same circle time routine, especially in the beginning while the children are getting used to the concept.
- ♥ Model the actions and attunement by having a baby doll for yourself too.
- ♥ Use familiar songs, rhymes, and social games—those that you might use with an infant or toddler in your care, or ask the parents for ideas.
- ♥ Talk about gentleness and the importance of being kind and caring.
- ♥ Notice and comment on the children’s participation: “I love how you are holding your baby doll so carefully. Your baby will feel safe with you”.

Baby Doll Circle Time™ focuses on building connection through:

- ♥ Eye contact
- ♥ Gentle, appropriate touch
- ♥ Being present in the moment
- ♥ Playful interactions

Baby-Doll Circle Time™ was developed by Dr. Becky Bailey and is a trademark of Conscious Discipline®. For more information visit www.consciousdiscipline.com.

Baby Doll Circle Time™ - Meeting the Needs of All Infants and Toddlers:

www.youtube.com/watch?v=XWsGWqvi3RA

Baby Doll Circle Time™ - Tips from the Author Dr. Becky Bailey:

www.youtube.com/watch?v=Ihx7mzklQAA

Baby Doll Circle Time™ with Julie

1. Transition to Getting Your Baby

Get Your Baby (tune of Oh My Darlin' Clementine)

Put out a basket of baby dolls. Use eye contact, joint attention, and gestures as you sing to invite the children to take a baby.

Get your baby, get your baby, get your baby, it's time to play.

Get your baby, get your baby, get your baby, it's time to play.

2. Beginning Awareness

This Is My Baby (tune of Farmer in the Dell)

My baby has two eyes, my baby has two eyes, this is my baby, my baby has two eyes.

Continue with: nose, ears, mouth, hands, etc.

Rock My Baby (tune of Skip to My Lou)

Rock my baby, yes I do. Rock my baby, yes I do. Rock my baby, yes I do. I can rock my baby.

Continue with: pat, rub, kiss, hug, love, etc.

3. Connection (I like to do some of these twice)

Round and Round the Garden

Round and round the garden, like a teddy bear. One step, two steps, a tickle under there!

Baby's Fingers

These are baby's fingers, these are baby's toes...this is baby's belly button, round and round it goes!

Airplane Song (tune of Row, Row, Row Your Boat) --- "fly" your baby gently in the air.

Fly, fly, fly your plane, fly it way up high. Merrily, merrily, merrily, merrily, high up in the sky.

Beehive

Here is the beehive, where are all the bees? Hidden away, where nobody sees. Soon they come creeping out of the hive...one, two, three, four, five! Buzzzzz (tickle the baby).

Peek-a-boo Song (tune of Frere Jacques) Lay baby down on their back, on the floor or on your knees.

Peek-a-boo, peek-a-boo, I see you, I see you. I see your button nose, I see your little toes, I see you.

Peek-a-boo! (Do peek-a-boo action and touch nose/toes).

4. Cuddling and Soothing

Head & Shoulders -Soft version, gently touching the various parts of the baby.

Twinkle Twinkle Little Star

5. Ending and Transition to Next

Goodnight Song (tune of Good Night Ladies) Use a soft and then an even softer voice.

Night, night, babies. Night, night, babies. Night, night, babies, it's time to rest your eyes....shhhhh

Night, night, babies. Night, night, babies. Night, night, babies, it's time to go to sleep....shhhhh

Goodnight baby, I love you. (Place the babies back in the basket)

Transition to Sleeping Bunnies: Now that the babies are sleeping, you can find a spot to lie down and we'll do Sleeping Bunnies!