Supervising Your Day Reflective Exercise

Directions: Reflect on the following questions using the information below. Discuss your answers with your colleagues.

1. What time of the day is the hardest to actively supervise children? What children’s activities and experiences are the hardest to actively supervise?

2. What about these times and activities make them difficult to supervise?

3. Identify strategies to address these challenges. Implement a strategy and observe whether it is effective; making changes if needed.
Active supervision involves:

- Anticipating children’s actions
- Continuously moving through all of the spaces where children are
- Frequently scanning areas to ensure safety
- Limiting contact with other adults
- Consistently checking equipment for damage
- Frequently making eye contact with children
- Immediately acting to prevent injury
- Providing interaction and support during play and learning
- Quickly and effectively responding to children’s distress
- Providing closer supervision for high-risk activities
- Sitting close to infants when mobile infants and toddlers are near
- Being present and closely watching each child use the toilet
- Being present and closely watching each child wash his or her hands
- Standing next to child using a step stool
- Being in very close proximity of climbing children
- Stopping and listening so you can easily hear children on the far side of the room
- Remaining in an arm’s reach of children who are eating
- Maintaining visual contact with children who are going to sleep, are asleep, or are in the process of waking


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