# A picture containing logo Description automatically generated**Building Blocks to Words: I am an observant practitioner**

Even newborn babies tell us what they are thinking and feeling. They tell us by the sounds they make, where they look, how they move, and how they react to us. Pick a child and observe how they tell you what they think and feel. You can use this sheet to help create a profile of a baby's communication by observing them over the course of a day.

1. Capture the child’s name, age and date today
2. What sounds, movements and looks does the child tell me they are hungry?
3. What sounds, movements and looks does the child tell me they are tired?
4. What sounds, movements and looks does the child tell me they need a break/ had enough?
5. What sounds, movements and looks does the child tell me they are uncomfortable?
6. What sounds, movements and looks does the child tell me they are bored or lonely?

## **Example 1 of a completed practitioner reflection sheet – bored/lonely**

1. The child tells me they are bored and lonely with playful sounds and makes lots of noises and speech sounds.
2. The child tells me they are bored and lonely with movements. They reach for things nearby and move around a lot.
3. The child tells me they are bored and lonely with looks as they look at me a lot.
4. When I start playing, the child flaps their arms.

## **Example 1 of a completed practitioner reflection sheet – tired**

1. The child tells me they are tired with very quiet sounds
2. The child tells me they are tired with movements by closing their eyes, yawning and rubbing eyes.
3. The child tells me they are tired with looks as they look at nothing and stare into space.
4. When I try to play or talk to the child they get upset