



# Instructional Plan

## Outcomes

- Parents will recognize the importance of biological rhythms and of establishing a routine for their baby.
- Parents will evaluate their baby's biorhythmic patterns and compare their baby's patterns to their own daily routines.
- Parents will develop techniques to help their child establish a routine based on their child's needs, individuality, and state of development.

## FOUR-STEP INSTRUCTIONAL PROCESS



### 1 PRESENTATION OF CONCEPTS

#### INTRODUCTION OF TOPIC

##### ■ A daily routine or pattern gives us comfort.

- In pairs, or with the parent, practice "Pease Porridge Hot" [see pg. 55] or use another hand game you have selected. Continue until you both can repeat the words and coordinate with hand movements.

Discuss how the rhythm and pattern of the hand movements set expectations of how to play the game. Discuss how we feel more comfortable and confident when we know a routine.

- Show, or use as a transparency or handout, "Patterns or Routines Give Babies Balance." Discuss how routines let babies know what to expect and give a balanced daily experience.

#### KEY CONCEPTS

##### ■ One's biological pattern influences physical and psychological health [see *Conceptual Overview #2*].

- Use topic animal artwork to introduce the idea of a biological pattern or rhythm.
  - Discuss times when a person's daily pattern is interrupted (lack of sleep, missing dinner, etc.).
  - How does the person feel?
  - Discuss how patterns and expectations help us function better, feel more secure, and lead to stability and equilibrium.
- Using baby dolls, present the scenarios described in "Baby Descriptions"