

The Wisconsin Registry Infant Toddler Credential Portfolio Companion Guide

Preparing your Portfolio: Companion Guide

Updated 2021

Review this Companion Guide Carefully and Completely Before Beginning Your Credential Portfolio

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Authenticity Statement

Insert the completed statement as the second page of your portfolio. This may be scanned for insertion in an electronic portfolio.

I		am presenting this portfolio in this month
of	year of _	and I attest that this is my
original work, or I h	ave cited where appl	icable.
Si	gnature	Date

Types of Observation Methods

- 1. Running Records 'Play by Play', factual (objective) account of what the child does as the child is doing it. Times are included to help determine the amount of time spent at each activity. For example, "9:05 Joe is sitting cross-legged on the floor playing with Legos. He uses his left hand to hold the tower and his right hand to add new pieces. He is not talking, but has a stern and serious look on his face. 9:08 Todd walks by and asks 3 times if he can play too ("Hey, can I play?"). Joe does not respond. He looks around him for more Lego pieces. 9:10 Todd kicks Joe's tower. Joe jumps up and hits Todd's back with his right hand. He grunts but doesn't make intelligible words. He sits back down amid the Lego pieces, mumbling and reassembling them.
- 2. Anecdotal Records Objective written record of a significant incident/event including a description of observed behaviors and direct quotes. For example, "Joe played with the Legos this morning and had an incident of hitting Todd once after Todd knocked down his tower. He then went back to play with the Legos, this time building something low that couldn't be knocked over."
- 3. **Time Samples Keeping track of what occurs at designated intervals.** For example, you may want to track the type of activities a child is engaged in so every half hour, you make a note: 9:00-Legos alone; 9:30-trucks with two peers; 10:00-art table with same peers; 10:30 Legos alone...
- 4. Event Samples Monitoring a single event that may be problematic, tracking the specifics of just that event. For example, toileting or a bedtime routine might be causing problems, so you would write down everything that seemed to be happening during only that event. Or maybe the child has temper tantrums and you decide to simply record the time and place of each tantrum nothing else, just that event. This helps determine patterns that support or deter from achieving goals
- 5. Checklists Formal lists of specific behaviors that may indicate certain tendencies. For example, pediatricians will usually send home a series of checklists for the parents, teachers, and child care staff to complete to help determine if a child has ADHD. In order for a condition to be present, it needs to occur in all 3 areas of the child's life. Teachers and School Psychologists also use checklists/surveys to rate behavior or other areas they may be working on.
- 6. Interviews In this situation, you would have a list of questions prepared related to specific issues and then meet with someone who knows the child well enough to answer the questions accurately (parent, teacher, sibling, caregiver, etc.) Interviews are frequently conducted in conjunction with checklist questionnaires. The checklist is completed first, and then a follow-up interview is held to discuss the results.

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Observation Notes		
Date & Time	Number of Children Present	
Name of Child Observed		
Focus of Observation		
Observation		
	!	
Developmental Domain Observed		
Analysis		

Video Reflection: Observation of Learning Experience

Teaching a learning experience is one thing. Seeing yourself teach a learning experience or facilitate a caregiving routine is another. Watch the video recording of your learning experience/caregiving routine. Reflect on your teaching practices as an objective observer. Include observations in every section, including comments in both the strengths and areas for improvement.

Credential Candidate Name:						
Nan	Name of Learning Experience: Ages of Children:			es of Children:		
Тур	e of Play Experience: (check a	.11 t	that apply)			
0	Story/Language (0	Large Muscle Small Manipula Math	itive	0 0 0	Sensory Table Science Cooking
Тур	e of Caregiving Routine: (chec	ck	one)			
	1 6 6	0	Naptime Dressing/undres	ssing	0	Other, please specify:
Nun	nber of children participating	at	the same time:			
App	proximate time duration of the	e ex	xperience:			
Tar	get developmental skill(s) of tl	he	learning experie	ence:		
Plans for Instruction	Did youuse the infant/toddle sensory input; effectively man time available; set the tone for Strengths You Observe	ag	e transitions; den	nonstrate flexib a safe, healthy,	oility , sec	; considerate the amount of
Did youencourage child's attention and make real-time adaptations to the experience should the child lose interest; develop learning through relationships and responsive caregiving; include all types of learners; engage infants and toddlers through experiences based on each child's developmental level and interest; focus on process over content; etc.?						
Activity Implementati	Strengths You Observe			Areas for Im	ipro	vement You Observe

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earners	that encourage individual engagement; provide flexible interactions that are responsive to nent of security and an emerging sense of dlers; etc.?			
Interaction with Learners	Strengths You Observe	Areas for Improvement You Observe		
nent	Did youuse consistent, positive guidance strategies; manage disruptive behavior constructively; arrange environment for effective learning; use time efficiently; etc.?			
Classroom Management	Strengths You Observe	Areas for Improvement You Observe		
	al ReflectionWhat surprised you the most watch hing practices reflect how you see yourself as an ed			
Signa	ture of Student	Date		

Video Recording & Photos—Credential Student Agreement

This is a required form. Failure to submit this form with your credential portfolio will result in unsuccessful completion of the commission process.

Video clips and/or photos are included in your credential portfolio because it adds richness and valuable context to the evaluation of your teaching. However, because videos and photos will almost always include identifiable images of children, their use carries some significant ethical and legal responsibilities. For reasons of privacy and safety, many parents are concerned about their children appearing in videos and photos, especially any that might be used outside the classroom. For both legal and ethical reasons, *those concerns must be respected at all times*. Doing so requires you to adhere to the following guidelines:

1.	Parents and guardians must be asked to consent to having their child appear in a video or photo.				
	Permission from a supervisor or director to video record and take photos must also be confirmed.				
	Supervisor/Director signature: Date:				
2.	Before creating a video or taking a photo, you must guarantee the following:				
	 Any children whose parents did <u>not</u> grant permission to appear in the video recording or in photos is identified. To avoid including those children in the video or photo, the camera must be positioned to <u>not</u> capture their images. If necessary, focus the camera on you teaching the activity, or on the backs of the children or the children's hands. Any faces captured of children not given permission to be in the video or photo must be blurred out. <i>Important note: Non-consenting children must <u>not</u> be excluded from the learning experience.</i> Any student work you submit as part of the credential portfolio must <u>not</u> contain any identifying 				
	information about the child, including but not limited to, the child's name, any clothing that identifies the child or the location the video or photo was taken, or any items in the environment that can pinpoint the location of the video recording or photo.				
	• The locator is turned off on your device before video recording or taking the photo to maintain confidentiality.				
3.	Once created, video clips and/or photos must be submitted as part of your credential portfolio				
	requirements and can be shared with your course instructor, but must not be shared or distributed				
	beyond that.				
	• Video clips and photos are created solely to be used as part of your credential commission.				
	• No part of a video or photo (whether or not included with your submission) should be used for any				
	 other personal or professional purposes, including but not limited to, being posted online for purposes outside the commission process, shared with your family or friends, shared with the children's families, posted on social media, included in a job portfolio, or used within a presentation. Anyone suspected of misusing video clips and/or photos will be reported to the Wisconsin Registry. This violation falls under the FERPA laws and are subject to an investigation. Other possible civil and criminal investigations and/or penalties can apply. Remember: Once you have shared the video or photo electronically with anyone, you have effectively lost control of it. 				
4.	Once you have received confirmation that you have successfully completed the credential				
	commission requirements, video clips and photos must be deleted . This includes not only the segments submitted, but any photos or video material created as part of your effort to prepare for and complete the credential portfolio requirements.				
Ιh	ave read the above guidelines and agree to follow them.				
— Cr	edential student signature Date				

Verification Video/Photo Permission

To maintain confidentiality, I have obtained written permission from the parent or guardian of each child whose photo or video likeness is included in this portfolio. These permission forms are available to be reviewed by the Commissioner upon request.

Signature		
	portfolio author	date

Video & Photo Release Consent Form—Parent/Guardian

Dear Parent/Guardian,

An early childhood educator in your child's classroom is pursuing a Registry Credential. Registry Credentials are credit based programs focused on job specific skills students can apply to their current positions in the childhood care and education profession. To complete the commission requirements for a Registry Credential in Wisconsin, the educator must demonstrate:

- Application of knowledge
- Teaching ability of learning activities
- Interaction with caregiving routines

When photos, videos, and/or observations of children are included in a Credential portfolio, it is important the child and family remain anonymous to maintain professional confidentiality.

To maintain confidentiality, video recordings are shared privately with a Registry Commissioner and course instructor by email and are deleted after completion of the Registry Credential. Photos may be included in portfolio entries as evidence of teaching practice.

If you give permission below, your child may appear in video recording(s) and photo(s). If you do not give permission, your child will still participate in the activities, but the camera will be positioned not to capture their image.

Child Name				
am the parent/legal guardian of the child named above. I have received and read the letter above and agree to the following:				
(Please check the appropriate box below.)				
□ I DO give permission to include my child in video recordings and photos. I understand the video recordings and photos will be shared only with a Registry Commissioner and course instructor evidence of teaching practice.				
☐ I DO NOT give permission to video record or photo my child.				
Signature of Parent/Guardian:				
Signatura				
Signature Date				
Printed name				

This form is required for each child that appears in a video clip or photo. Failure to submit this form with your video clip or photo will result in unsuccessful completion of the commission process.

Self-Assessment: Family and Community (Page 1 of 3)

Provide examples of how you can use the information families provide on intake forms, during meetings and conferences, informal conversations, emails, texts, or phone calls. Does the intake form used by the program include gathering information about family culture, values, traditions, priorities, language, and terms used for caregiving? If so, how do you use this information? If not, what questions might you add to learn more about the child and family?
Provide at least three examples of the kind of information you have shared with families using daily care sheets, family information boards, newsletters or other print, informal conversations, emails, texts, or phone calls, regular parent-teacher conferences. If you are not able to share information with families, provide three examples of the information you would share.
Provide one example of how family involvement is promoted within the program. Share one example of how family engagement is encouraged . How have you been involved with either of these examples? If you haven't had the opportunity to be involved, how would you encourage both family
involvement and family engagement in your classroom?

Self-Assessment: Family and Community continued (Page 2 of 3)

Provide examples of how you have adjusted a caregiving routine to align with the infant's and toddler's
family's preference or how you can work with families on shared caregiving issues —such as culture,
special needs, introducing and serving foods, allergies, use of comfort objects such as pacifiers or
blankets, separation issues, etc.
Describe heavy you can anayide sympast for the development and maintenance of each shild's home
Describe how you can provide support for the development and maintenance of each child's home
language and family traditions.
Describe the process you would use to work with a child with an IFSP . If you have worked with one
or more infants or toddlers who did have an IFSP or special needs, explain how you worked to support
the child and family.

Self-Assessment: Family and Community continued (Page 3 of 3)

What information on community resources would you provide families in one of the following scenarios and explain why you choose that resource(s)?

- A family in need of diapers/formula
- A family looking for nutrition guidance on transitioning an infant to table foods
- A family with a toddler exhibiting signs of a developmental delay
- A child experiencing a challenging behavior, such as biting or hitting

Self-Assessment: Observation and Assessment of Children Birth to 36 Months (Page 1 of 2)

seri assessment to demonstrate angliniont with the standards and to farinfianze students with this national accretitation process.
Describe the different methods (formal and informal) of observation you use to document an infant's and or toddler's growth and development. Describe the observation tool(s) (checklists, anecdotes, running records, etc.) you prefer to use and why.
Describe how you use observations to interpret and assess each infant and toddler's development.
How do you use a developmental checklist or other assessment tool along with your
observations to plan for a child's development?How often do you interpret and assess your observations of each child?
How often do you interpret and assess your observations of each child?How do you use your observations to set goals for each child?
How do you use your observations to set goals for each child?
Describe how your observations are used to plan for or adjust the learning environment.
Describe now your observations are used to plan for or adjust the learning environment.

Self-Assessment: Observation and Assessment of Children Birth to 36 Months continued (Page 2 of 2)

Provide two examples of situations where you provided a progression of learning opportunities or
activities to maximize each infant and toddler's development.
Choose an age range between birth to 36 months. Describe 2-3 warning alerts or red flags that could indicate an infant or toddler has a developmental delay or concern that would prompt you to do further
observations. Please cite the resource or tool used to identify these warning alerts or red flags.
, , , , , , , , , , , , , , , , , , , ,
How do your daily interactions with infants or toddlers aid in assessing a child's abilities and needs?
Provide at least one example of how your daily interactions support the developmental goals
established for each child?

Self-Assessment: Guidance (Page 1 of 4)

Describe three positive guidance strategies you use with infants and toddlers.	
Describe a situation where you supported social emotional development in each of the following	
ways:	
 Providing responsive caregiving 	
Supporting positive peer interactions	
Supporting emotional literacy by helping a child recognize both comfortable and	
uncomfortable feelings and name their own feelings and/or others' feelings	
 Teaching self-regulation of emotions, behaviors, and/or attention 	
 Helping a child to develop positive self-esteem, identity, self-awareness, and/or autonomy 	
How do you create a climate of respect for infants and toddlers? Give examples of situations that	
demonstrate how you show respect for each infant and toddler in your care?	

Self-Assessment: Guidance (Page 2 of 4)

Provide an example of how you promote each child's positive identity and sense of self through a culturally responsive lens.
Provide examples of stereotypical language references you have become aware of and heard used in either your learning environment or the early childhood field. Describe how you have reacted when hearing stereotypical language used toward or against a child or group. If you were in the same situation again, what might you do the same or different?
Provide an example of a situation where you did or would intervene in a social interaction with other children when infants and toddlers might tease or reject others.
Provide an example of a situation where you helped an infant and or toddler learn socially appropriate behavior by providing positive guidance that was appropriate for the child's developmental level.

Self-Assessment: Guidance (Page 3 of 4)

Provide an example of a situation where you implemented appropriate classroom rules and expectations. How did you help children understand them?	
Describe adjustments you either have made or would suggest making to the daily schedule to prevent challenging behaviors and more effectively meet the needs of children.	
Describe adjustments you either have made or would suggest making to transitions to prevent challenging behaviors and more effectively meet the needs of children.	
Describe how your use of engaging activities helps to prevent challenging behaviors. Provide an example of a time when you have intentionally used an engaging activity to prevent challenging behaviors.	

Self-Assessment: Guidance (Page 4 of 4)

Provide an example of a situation where you responded to an infant and toddler challenging behavior in a way that was responsive to the child's temperament , abilities , and/or culture .
Describe what you consider to be inappropriate guidance strategies with infants and toddlers.
Describe your response when either you or someone else uses inappropriate guidance strategies with infants and toddlers?

Self-Assessment: Developmentally Appropriate Environments (Page 1 of 4)

Provide two examples of how the environment ensures children's safety , considering age appropriateness, durability of materials, individuality, and range of abilities of children in the room.
appropriateness, durability of materials, individuality, and range of abilities of emidren in the room.
Describe how the learning environment offers a variety of materials, encourages exploration and
experimentation, and supports curiosity and discovery. List three examples of
materials/interactions/activities that offer varied levels of difficulty matching each infant and
toddler's skill level and understanding.
Provide three examples of the materials in the infant and toddler environment that promote sensory
and fine motor learning. Describe an example of how your interactions extended this learning.
Provide three examples of how the environment promotes the development of gross motor skills .
Describe an example of how your interactions extended this learning.

Self-Assessment: Developmentally Appropriate Environments

(Page 2 of 4)

Provide three examples of materials in the environment that promote peer interaction .
Describe how the infant and toddler environment is organized to support children's independent use
of materials and furnishings?
Describe the process for rotating materials for infants and toddlers including how, why, and when
materials are rotated.
Provide an example of how you have or might add or adapt materials to accommodate a child's special
needs.
needs.
Provide three examples of soft elements in the infant and toddler environment to provide comfort and
responsiveness.
Tespendi vitessi

Self-Assessment: Developmentally Appropriate Environments (Page 3 of 4)

Provide three examples of play/learning materials that you personally created for the infant and toddler environment.
Describe one example of how the room arrangement and furnishings in the environment support all children being together. Is there anything that you would change? Why, or why not?
Describe one example of how the environment allows for children to play individually in protected places.
Describe the arrangement of interest centers or play areas within the environment, including the area of development each interest center or play area supports.
Describe how the environment allows for children to move between areas without disturbing other children.
Explain how barriers are used to protect non-mobile children in learning environments.
Provide an example of how visual and auditory stimulation can be adapted in the infant toddler environment.

Self-Assessment: Developmentally Appropriate Environments

(Page 4 of 4)

Describe how the environment builds a sense of belonging for the infants and toddlers and their
families.
Describe how the room provides comfortable adult sized places to sit , hold, cuddle and feed infants or toddlers?
Provide three examples of outdoor play equipment designed for the age and the abilities of infants and toddlers.
and toddiers.
Research the definition of diversity. In your own words how is diversity defined in your environment?
1 to source the desimilation of diversity. In your own words now is diversity desimed in your environment.
Explain how the materials and interactions in the infant and toddler environment reflect the diverse
lives of children and families in the program, community, and society.

Self-Assessment: Teaching Practices (Page 1 of 5)

Provide an example of a teaching practice you use with individual and/or groups of infants and
toddlers to promote:
Exploration and discovery Constitution and applications
Creativity and curiosity
Skill building
 Understanding of children's interests, needs, and development
Describe a situation where you were intentionally building relationships with an infant or toddler
during care routines such as diapering/toileting, feeding or nap routines.
Describe how you balance the amount of time spent in child-initiated vs caregiver-initiated activities.
Include how you support infants' toddlers during child-initiated activities.
Describe an example where you used scaffolding to assist a child to gain mastery in a skill, they were
unable to complete without assistance.
undote to complete without assistance.

Self-Assessment: Teaching Practices (Page 2 of 5)

Describe how you use children's names in positive ways throughout the day.
Explain how you help infants and toddlers understand language and or communication strategies.
Include three strategies you use.
Provide an example of how you have used parallel talk and how the child responded.
Provide an example of a situation where you have used self-talk and how the child responded.
Provide an example of how you have used simple rhymes, songs and interactive games with infants
or toddlers? How do you respond to the cue's children provide to either continue or end the song or
game?

Self-Assessment: Teaching Practices (Page 3 of 5)

Describe when, throughout the day you use various types of books to help infants and toddlers develop vocabulary. Explain how books are made accessible to infants and toddlers for independent exploration? Provide an example of how you support infants and toddler's development of mathematics and	
 scientific thinking in each of the following categories: Comparing quantities to determine more/less, big/small, etc. 	
• Exploration of shapes, sizes, colors, and patterns	
• Build number awareness , including counting and names of numerals.	
• Describing and naming objects in the natural environment	
• Engages in cause-and-effect activities	
• Discover they can make things happen and solve simple problems	

Self-Assessment: Teaching Practices (Page 4 of 5)

Choose f	four of the situations below and provide an example of how your teaching practices:
8	Supported children's emotional well-being by demonstrating respect for children and creating a positive emotional climate as reflected in behaviors such as frequent social conversations, joint laughter, and affection.
• 1	Established a trusting relationship with each child and family.
• 1	Were consistent and predictable in your physical and emotional care of all children.
	Encouraged and recognized children's work and accomplishments with descriptive feedback.
• \$	Supported a child's competent and self-reliant exploration and use of classroom materials.
	Responded to an infant or toddler's cries or other signs of distress by providing physical comfort and needed care.
	Were sensitive to an infant or toddler's signals and learned to read their verbal and non-verbal communication .

Self-Assessment: Teaching Practices (Page 5 of 5)

	e an example of how your teaching strategies support infants or toddlers approaches to ng in art, music, drama, and dance in the following sub-domains:
•	Curiosity, engagement, and persistence
•	Creativity and imagination
•	Diversity in learning, including how the child is supported to learn within the context of their family and culture
moven	e two of the skills below and describe how you would prepare the environment to offer nent experiences and support infants and toddlers emerging physical skill development that them to:
•	Move freely
•	Achieve mastery of their bodies through self-initiated movement
•	Practice emerging skills in coordination, movement, and balance
•	Work on perceptual-motor integration

Self-Assessment: Supporting Program Operation (Page 1 of 4)

Explain how the schedule is appropriate to the ages of children in the room but is designed to be flexible enough to the meet the needs of individual children.
Provide an example of how you are responsive to a child's individual need to rest outside of scheduled nap time or to be active when other children are napping.
Describe two examples of outdoor experiences you have planned for gross motor play for infants or
toddlers.
Describe two examples of indoor experiences you have planned for gross motor play if weather prevents you from taking infants or toddlers outside.
Describe two strategies you use to provide smooth transitions in or out of activity/routine.

Self-Assessment: Supporting Program Operations (Page 2 of 4)

Describe your understanding of the licensing regulations regarding infants and toddlers needing a consistent caregiver and how it impacts adult to child ratios and group size for the infant and toddler age group.				
Describe proper handwashing procedures utilized in your program.				
Describe a time that you have used handwashing routines as a positive teaching experience.				
Describe the classroom schedule for cleaning and sanitizing furnishings and equipment.				
Describe two examples of when you have used standard precautions and when you would need to use				
them.				
Describe two examples of how you ensure health and safety hazards are identified and addressed to protect children from harm.				

Self-Assessment: Supporting Program Operations (Page 3 of 4)

Describe the strategies you use to ensure infants and toddlers are within sight and sound supervision and how you position yourself to allow you to react quickly to solve problems.				
Describe the program's procedures when bottle feeding infants.				
Breast milk				
• Formula				
D				
Parent preference(s) for feeding				
Position of the infant				
Infant's individual schedule				
Describe the program's procedures when feeding toddlers .				
Socialization				
Table set up				
Table Set up				
Self-help skills				
Teacher positioning				
Describe the program's procedures for handling and preparing formula, breast milk, and food for infants and toddlers according to licensing rules and regulations.				

Self-Assessment: Supporting Program Operations (Page 4 of 4)

Describe what you do to make meal/snack time routines an opportunity for social interactions and/or					
a time to practice self-help skills, while making the experience pleasant for infant and toddlers.					
Describe a typical diapering/toileting routine with an infant or toddler, including how you follow					
health and safety procedures according to licensing rules and regulations.					
neutri and surety procedures descraing to needsing rates and regulations.					
Describe a trained non-foliage cabadrala with an infant act 131 minutes in the language City 1 12 12 1					
Describe a typical nap/sleep schedule with an infant or toddler, including how you follow health and					
Describe a typical nap/sleep schedule with an infant or foddler, including how you follow health and safety procedures according to licensing rules and regulations?					
safety procedures according to licensing rules and regulations?					
Provide two examples of situations with infants and toddlers where you could adapt and respond in					
safety procedures according to licensing rules and regulations?					
Provide two examples of situations with infants and toddlers where you could adapt and respond in					
Provide two examples of situations with infants and toddlers where you could adapt and respond in					
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Provide two examples of situations with infants and toddlers where you could adapt and respond in					

Self-Assessment: Professionalism (Page 1 of 2)

ı	Provide at least three examples of how you use state licensing regulations to guide your decisions				
ı					
J	nile caring for infants and toddlers.				
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ı	Provide a clearly defined example of a situation where you behaved ethically in following the				
ı	Trovide a clearly defined example of a situation where you behaved etineary in following the				
ı	principles and ideals listed in the NAEYC Code of Ethical Conduct.				
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ı	Describe however could advect for the children and families were and substitutions at each				
ı	Describe how you could advocate for the children and families you serve and why it is important.				
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J	Provide two examples of your use of community resources available to support and expand your				
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J	own professional skills and knowledge.				
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J					

Self-Assessment: Professionalism (Page 2 of 2)

Group Center Staff: Describe how you communicate and cooperate respectfully with co-workers, working together to meet infants and toddlers and family needs, including how you share planning or decision making in classroom activities and/or program practices.
Family Child Care Provider: Describe how you communicate and cooperate respectfully with families, working together to meet the infant and toddler needs, including how you share learning plans and program practices.

Professional Development Reflection and Planning

Think about your career in the field of early care and education. Reflect on your current professional satisfaction and create a plan for next steps in continuing your professional growth.

What excites you MOST about your job? What are you passionate about? How does your passion contribute to the field of early care and education?
What challenges are you currently facing in your work in the field of early care and education?
What new insights did you gain from discussions and activities during the credential course work? Identify ways you can use these new ideas and processes in your teaching practices.
What other ideas do you want to consider, think about more, or explore that will benefit you as a professional in the field of early care and education?
Identify a professional organization you want to consider joining (i.e. NAEYC, WECA, WFCCA, WCCAA, local WECA Affiliate, etc.). What are the benefits to you in joining this organization? Are there any barriers to your participation?

Professional Development Goals	Goal for the children's learning.	Goal for my own learning.	Goal for my teaching practice.
Create one S.M.A.R.T. goal in each column. Is your goal Specific? A general goal is, "Get in shape." A specific goal is, "Join a gym and work out 3 days a week." Is it Measurable? Ask yourself, how will I know if I have accomplished it? Is it Attainable? Begin to see ways you can attain your goal and recognize opportunities that bring you closer to reaching your goal. Is it Realistic? Do you truly believe you can accomplish it? Is it Timely? Your goal should be time-bound; otherwise, there is no urgency to complete it.			
Decide on a plan for each goal. Determine strategies/activities to help you accomplish your goal. (i.e., find a mentor to work with you, do professional reading, keep a journal or log of your activities, get involved with a professional organization, learn to use new technology, etc.)			
Evaluate each plan. Does your goal and plan reflect your needs? Does your plan involve new learning & growth, not just time & effort? Is your goal clear? Does your plan include time for reflection followed by appropriate adjustments?			
Identify next steps. What will you do to meet your goal? What should you prioritize first? Are your next steps achievable? Have you addressed any potential barriers?			
Determine a timeline. What is a realistic target date(s) to reach your goal?			