FIFTH EDITION

FOUNDATIONS OF EARLY CHILDHOOD EDUCATION

TEACHING CHILDREN IN A DIVERSE SETTING



JANET GONZALEZ-MENA

Preface

Early care and education are of concern to everyone who wants to live in an economically sound democracy. Although the early years have traditionally been the domain of early childhood professionals and parents, the rest of the society is beginning now to pay attention to what research has been telling us for a long time—"The first years last forever," as the slogan goes. Two examples show that early childhood is no longer the focus of only early educators, child care professionals, and the families they serve. President Obama before and after his election continually made the point that early childhood education is a vital factor in our society and deserves strong government support. The second example is a 2007 book by David L. Kirp called *The Sandbox Investment*. Kirp is a professor of public policy at the University of California, Berkeley. Early care and education aren't just about preparing individuals for success in life, but also about giving them the kind of experiences that make them productive citizens of a democratic society.

In *quality* early care and education programs, children not only gain the foundations they need for school success and beyond, but they also learn to interact in cooperative ways with others, the basis for gaining a sense of community. Rugged individualism was badly needed in the frontier days of the United States, but today we face huge challenges in creating unity through diversity and keeping the economy healthy. A good beginning in a *high quality* early care and education program can lead to both social and economic benefits and is a great investment for the society to make. It's the kind of investment that will grow from generation to generation. Individuals reap the benefits of this investment and so does society.

This textbook is designed to help increase the quality in early care and education programs through training teachers. It features skill building with a solid theoretical base. Many students taking early childhood classes are already working with young children—in practicum placements, as volunteers or staff in centers or as family child care providers. This book addresses their needs as well as those of beginning students who have no hands-on experience.

A goal is to provide students with an overview of what goes on in early childhood programs through the use of examples, anecdotes, and scenarios. Some students may have opportunities to see master teachers at work, but others won't. To address this reality, the text finds ways to transport readers to early childhood classrooms and family child care homes so they can "watch" how effective educators facilitate the teaching–learning process. These examples are designed to help readers put themselves in the educator's shoes, examine their own reactions, and anticipate how they might handle similar experiences.

Contents

PREFACE XVII

ABOUT THE AUTHOR XXVII

Part 1

Foundations of the Teaching-Learning Process: The Role of the Early Childhood Educator 2

1 Early Childhood Education as a Profession 4

FOUR THEMES IN EARLY CHILDHOOD TEACHER
TRAINING 6

The Value of Reflective Thinking 6 A Multicultural Perspective 7 A Holistic Approach 7

CHILD-DEVELOPMENT HISTORY 18
Historical Trends and Figures 18

CHILD-DEVELOPMENT THEORISTS AND THEIR THEORIES 21

PIONEER EDUCATORS 28
Brain Research 30

Professionalism 9

WHAT IT MEANS TO BE A PROFESSIONAL 32 Legal Responsibilities 32

CODE OF ETHICS 34

A STORY TO END WITH 35

SUMMARY 35

ONLINE RESOURCES 35

REFLECTION QUESTIONS 36

TERMS TO KNOW 36

FOR FURTHER READING 36



2 First Things First: Health and Safety Through Observation and Supervision 38

OBSERVATION AND SUPERVISION 40

OBSERVATION SKILLS FOR BEGINNERS 41

SUPERVISION SKILLS FOR BEGINNERS 43

Focusing on Individuals and the Group 44

A Crash Course in Guidance 46

Conflict as a Safety Issue 51

Risk Taking as a Safety Measure 54

Helping Children Learn from Their Experiences 54

A SAFE PHYSICAL ENVIRONMENT 55

Developmental Appropriateness 55

Maintenance as Prevention 56

Sanitation Procedures 56

Program Policies and Procedures for Health and Safety 57

Stress and Frustration as Health and Safety Issues 58

A STORY TO END WITH 59

SUMMARY 60

ONLINE RESOURCES 60

REFLECTION QUESTIONS 60

TERMS TO KNOW 61

FOR FURTHER READING 61

3 Communicating with Young Children 62

COMMUNICATION, RELATIONSHIPS, AND THE COGNITIVE CONNECTION 64

LISTENING: AN IMPORTANT SKILL 66

Listening and Giving Feedback Are Valuable to Communication 66

Listening and Responding to Different Situations 68

How to COMMUNICATE CLEARLY 74

Ask Real Questions, Not Rhetorical Ones 75

Validate Feelings and Perceptions Instead of Discounting Them 75

Address Uncomfortable Situations Instead of Ignoring the Obvious 76

Be Congruent; Avoid Incongruence 77

Watch Out for Double-Bind Messages 78





Use Redirection Instead of Distraction 78
Be Sensitive About Questioning Children 81

Using Observation and Reflection to Improve Communication 82

A STORY TO END WITH 84

SUMMARY 84

ONLINE RESOURCES 84

REFLECTION QUESTIONS 84

TERMS TO KNOW 85

FOR FURTHER READING 85

4 Facilitating Young Children's Work and Play 86

WHO'S IN THE SPOTLIGHT—ADULT OR CHILDREN? 88

The Teacher as Director and Star 89

The Teacher as Responder, Protector, and Facilitator 90

PLAY, COGNITION, AND LEARNING 90

Focus on Inclusion: Making Play Available and Appropriate for All Children 95

Playing to Get Smart 97

Is Play Always Fun? 98

How Does Play Differ from Work? 98

Types of Play-Cognitive and Social 99

Benefits of Play 103

WORK: A WAY OF LEARNING 105

Adult Attitudes Toward Work and Their Effect on Children 105

Children's Observations of Adults at Work 106

The Project Approach to Learning 106

THE ADULT'S ROLES IN CHILDREN'S WORK AND PLAY 108

The Adult as Observer 108

The Adult as Stage Manager 111

The Adult as Teacher 112

The Adult as Encourager 114

A STORY TO END WITH 117

SUMMARY 118

ONLINE RESOURCES 118

REFLECTION QUESTIONS 118

TERMS TO KNOW 119

FOR FURTHER READING 119



5 Guiding Young Children's Behavior 120

APPROPRIATE BEHAVIORAL EXPECTATIONS 122

PUNISHMENT, INCLUDING SPANKING, IS A NO NO 123

What's Wrong with Punishment? 124 Side Effects of Punishment 127

GUIDANCE ALTERNATIVES TO PUNISHMENT 128

Time-Out 129

Learning from Consequences 130

Setting Limits 132

Redirection 135

Teaching Children to Express Their Feelings 135

Modeling Prosocial Behaviors 138

Focus on Inclusion: Children with Special Needs 140

INTERPRETING CHILDREN'S BEHAVIOR 143

A STORY TO END WITH 147

SUMMARY 147

ONLINE RESOURCES 147

REFLECTION QUESTIONS 148

TERMS TO KNOW 148

FOR FURTHER READING 148

6 The Teacher as Model 150

MODELING NONVIOLENT PROBLEM SOLVING 153

Seeking Information 154

Recognizing Alternatives 156

Considering Consequences 158

The Many Roots of Violence 159

MODELING SELF-ESTEEM 161

Modeling Virtue 161

Modeling Power 163

Modeling Significance 165

Modeling Competence 167

MODELING EQUITY 167

MODELING LEARNING, DEVELOPMENT,

AND COGNITION 170

The Importance of Observation 171

Creating an Emergent Curriculum 172





A STORY TO END WITH 177
SUMMARY 178
ONLINE RESOURCES 178
REFLECTION QUESTIONS 178
TERMS TO KNOW 179
FOR FURTHER READING 179

7 Modeling Adult Relationships in Early Childhood Settings 180

Working with Each Other: Relationships with Other Professionals 183

Being Sensitive to Cultural Diversity 185

Recognizing Some Differences in the Way Adults Approach Problems 185

The Importance of Being Authentic 188

Handling Adult Disagreements Through Dialoguing 189

Teachers Dialoguing: An Example 190

Working with Families: Professionals' Relationships with Families 192

Making Families Feel Part of the Program 194

Honoring Diversity 195

Focus on Inclusion: A Special Kind of Partnership 196

Recognizing That Parents' and Providers' Roles Are Different 197

Handling Conflicts with Parents 198

Facilitating Communication with Families 204

Supporting Families 206

A STORY TO END WITH 207

SUMMARY 208

ONLINE RESOURCES 208

REFLECTION QUESTIONS 208

TERMS TO KNOW 209

FOR FURTHER READING 209



Foundations of Curriculum: Planning for Learning 210

8 Setting Up the Physical Environment 212

SETTING UP ACTIVITY AREAS 217

Focus on Inclusion: Modifying the Environment for Special Needs 217

Physical-Care Centers 218

Interest Centers 220

Gross-Motor Learning Spaces 222

OTHER CONSIDERATIONS FOR EARLY CHILDHOOD ENVIRONMENTS 222

"Dimensions" 223

Space 225

How Much Should There Be to Do? 226

Circulation Patterns 226

Balance 227

A SAFE AND HEALTHY ENVIRONMENT 230

Ensuring Developmental Appropriateness 230

Providing Protection 232

Focus on Inclusion: Safe Environments for All 233

Assessing the Environment for Safety 234

Sanitation and Cleanliness 234

THE ENVIRONMENT AS A REFLECTION OF PROGRAM GOALS AND VALUES 237

Individuality 237

Independence and Interdependence 237

Cooperation 238

Antibias Focus 240

Authenticity 241

The Outdoors and Nature 241

Exploration 242

Aesthetics 243

ENVIRONMENTS FOR VARIOUS TYPES OF PROGRAMS 243

Full-Day Child Care Center 244

Half-Day Parent Co-op 244



Half-Day Head Start Preschool 244 School-Age Child Care 245 Family Child Care Home 246 Kindergarten and Primary Programs 246

A STORY TO END WITH 247

SUMMARY 248

ONLINE RESOURCES 248

REFLECTION QUESTIONS 248

TERMS TO KNOW 248

FOR FURTHER READING 249

9 Creating a Social-Emotional Environment 250

QUALITIES OF THE SOCIAL-EMOTIONAL ENVIRONMENT 252 Respect 252

WARMTH, NURTURANCE, ACCEPTANCE, PROTECTION, AND RESPONSIVENESS 255

Continuity 257

Focus on Inclusion: A Feeling of Belonging 258

SHOULD THE PROGRAM FOCUS ON THE COMMUNITY OR ON THE INDIVIDUAL? 259

CULTURAL ISSUES 261

The Child's Home Culture 264
The Dynamic Nature of Culture 268

THE EVOLUTION OF THE EARLY CHILDHOOD CULTURE 270

A STORY TO END WITH 270

SUMMARY 271

ONLINE RESOURCES 271

REFLECTION QUESTIONS 271

TERMS TO KNOW 272

FOR FURTHER READING 272

10 Routines 274

CAREGIVING AS CURRICULUM 276 Synchronous Interactions 280 Attachment 282

PHYSICAL-CARE ROUTINES 283

Feeding 284 Toileting 286



