

# Planning



## What

### Plan with your child

Planning consists of **building the roadmap** to **reach a specific goal**. It has to do with deciding **what is important to focus on** and what is not. It should be **flexible** and allow for **spontaneous activities** and **learning opportunities**.

PLANNING PROVIDES A ROUTINE AND STRUCTURE WHICH IS KEY FOR YOUR CHILD'S DEVELOPMENT!

#### The Planning Cycle

- Observe
- Analyze
- Plan
- Act/Do
- Reflect

#### IS PLANNING IMPORTANT FOR YOUR CHILD?

Planning is key to ensuring that your child's **learning is effective**, that she has a vision, and **embraces the process towards a goal!**

## Why



## How

### HELP YOUR CHILD IMPROVE HER PLANNING SKILLS

- Use the **planning cycle** when trying to **solve a challenge** such as cooking something together with your child.
- **Brainstorm together** with your child for possibilities (e.g., what could we cook today with the following ingredients that we have at home?)
- **Think** about the best seasonal options and nutritional benefits together.
- Remember that **playfulness is key** for children to stay engaged.

# Planning Support Sheet



USE AS A SUPPORT FOR THE  
SELECTION ACTIVITY

YOU ALSO CAN USE IT IN OTHER  
SITUATIONS

- Some situations like **going shopping** can make your child's **challenging behaviour** more likely.
- If you **plan ahead** you will be able to **manage these situations better** and **encourage a good behaviour** from your child.
- Start by **identifying challenging situations** (e.g., how to avoid that my child picking unhealthy foods at the supermarket) and then work out how to handle them better.

Before creating your list and going shopping, take a **piece of paper** and write down together with your child everything **you need**, all **what you wish** and decide together (Try to reach a compromise) about **what you will buy** at the farmers market or supermarket. This doesn't mean that you only can buy these foods, but it will ensure that your child knows what you are buying and knows that she has been involved in the decision!

## What I need



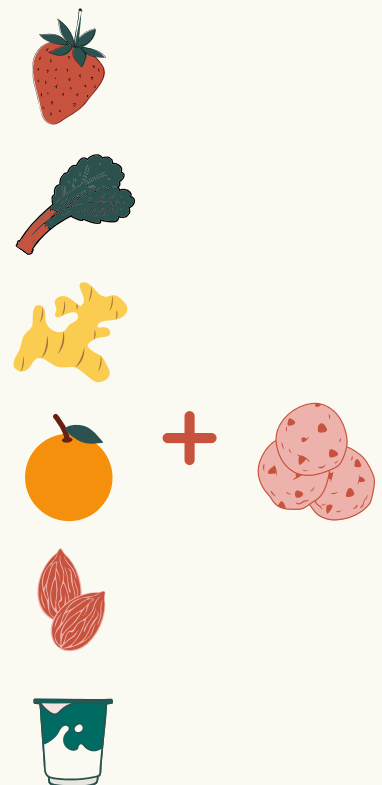
## What I wish



Try to choose **healthier options** such as:

- Dark chocolate
- Cookies without added sugars
- Veggie chips

## What I buy



# Flexibility

Raising world shapers while learning to eat

## What

### Flexible thinking

It is the ability to adapt to new situations, improvise and use multiple strategies to overcome challenges. The only constant in life is change. Therefore, your child will be much happier if she excels at this skill!

FLEXIBILITY HELPS RECOVER FROM STRESSFUL EVENTS AND DEAL WITH CHRONIC HEALTH CONDITIONS.

By being flexible your child will also become a creative problem solver, searching for “out of the box” solutions, while seeing challenges as opportunities to learn and grow.

### IS FLEXIBILITY IMPORTANT FOR YOUR CHILD?

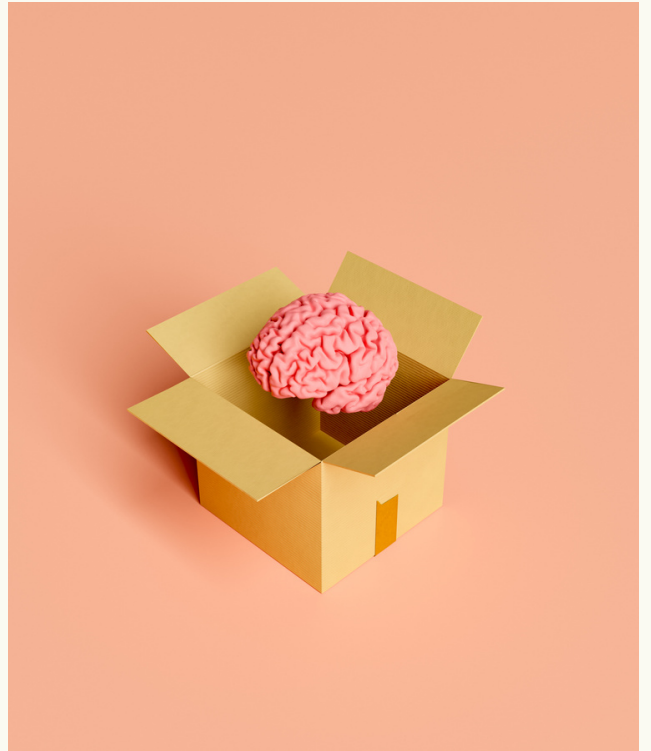
It is key for **maintaining good mental health** and building **resilience**. It boosts your child's **vitality, curiosity, self-reliance, confidence, creativity, meaningful experiences,** and the **ability to master challenges**.

## Why

## How

### HELP YOUR CHILD DEVELOP HER FLEXIBILITY

- **Step back.** It will allow to maintain some emotional distance and help your child stay calm. By keeping your child's emotions level, her thinking improves.
- **Shift perspective.** Help your child see things from different viewpoints so she realizes that her perspective isn't the only one.
- **Emphasize values.** Teach your child to face challenging situations based on what she values rather than how she feels.



# Flexibility Support Sheet



USE AS A SUPPORT FOR THE  
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YOU ALSO CAN USE IT IN OTHER  
SITUATIONS

## Change everyday way of doing things

- Think of what you **usually do before** grocery shopping.
- Divide it **into steps** and try to **change** one of them.
- **Include it** in the activity with your child.

## Play "What's this"?

- When creating the shopping list or going through what you are planning to buy, ask your little one "**what's this**" with the **different foods**.
- Try to think of the **shapes, colors, and textures** and what else these foods could be.

## Use surprises

- When going grocery shopping try to **include an unexpected item or person**, so that the whole experience changes unexpectedly.
- Your child will be delighted, and she will have to **shift attention** and **adjust** to this new twist in the adventure.

## Transform things

- Choose different **known elements** and come up with something new (e.g., with cardboard create some accessories to transform the shopping cart into a rocket, or any other transport that your child likes).
- Let her help you think and build the costume for the shopping cart.