



Reflect on your own experiences with children, families, and colleagues. If you are an supervisor, administrator, or adult educator, how might you use these questions and activities to help other adults reflect on their experiences?

Know Yourself

Family lifestyles, behaviors, and values differ greatly in countries around the world. Some may seem strange to you or make you feel uncomfortable. Sleeping norms is one that often raises eyebrows. These beliefs are rooted in our earliest experiences.

What family sleeping patterns and arrangements are familiar and seem “best” to you?

What kinds of sleeping arrangements seem “foreign” or “inappropriate” to you?

Do you have a belief about the best arrangements for children's sleeping?

What was your personal experience as a child with sleeping arrangements, sleeping rules, and sleep routines?

Try This

Take a close look at the photos on the website for this Key that depict “where children sleep.”

Which images delighted you?

Which made you uneasy and why?

How aware are you of the sleeping arrangements for the children in your care?

What do they tell you about family diversity and the range of conditions in which children grow and develop?

Jot down and examine your impressions, biases, judgments, and feelings as you study the photos.

Reflect on similarities to, and differences from, any of the families in your program.
