**P5 Describe how adults in early years settings can empower children**

* You need to **state** that there are many opportunities for adults in a child care setting to empower children
* You need to **explain** that adults should always be thinking about how to give children opportunities to make choices and decisions

**Main section**

You should use examples to support **how** an adult can empower children in these ways and **how** children **benefit** from being empowered.

* Physical Care routines
	+ Describe what physical care routines are and why they’re important
* Explain why it’s important for child to be empowered to carry out physical care routines – why do they need to learn to look after themselves?
* Give an example of how an adult can support a child to carry out their physical care routines
* Explain how feeling empowered to carry out physical care routines will help the chid develop
* Privacy
	+ State that it is important for children to feel their privacy is respected
* Explain that privacy is important for the child to feel safe and understand that they have their own personal space
* Give an example of how an adult can how the child they are respecting their privacy
* Explain how being shown respect towards their privacy will help the child respect other people’s priv
* Meal times
	+ Say it is important children to be empowered during meal times – so they can feed themselves and try new and nutritious food
* Explain it is not good to force feed children and what the negative effects doing this could be
* Give an example how children can be empowered during meal and feeding times
* Explain how feeling empowered over food could benefit children’s development
* Child-initiated play (free play)
	+ Define what child-initiated play is – if possible give an example to illustrate your point
* Explain play is really important for empowering children as they get to make many decisions
* Give an examples of how adults could support children with child-initiated play (what options could they give them)
* Explain how child-initiated play could support a child’s development
* Evolving children in planning and gaining feedback
	+ State a nursery should plan their activities and manage the setting in a way that suits the children that use it – to do this it is important they get feedback off the children about what they like and don’t like
* Explain nurseries need to plan activities (play) and daily routines (meal times) that will empower children
* Give an examples of how adults can get feedback from children about what they want to do and what they like and don’t like
* Explain how considering children’s likes and dislikes could help a child develop
* Caring for their environment
	+ State children should be encouraged to take care of their environment and that this empowers them to look after things and others
* Explain empowering children to look after their environment will give them a sense of responsibility and achievement
* Give an examples of how adults can encourage children to tidy and look after their environment
* Explain how looking after their environment will help a child develop