

**INCLUSION Questions to ask ourselves to help us include all children:**

1. What is my belief about including this child?

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2. What are possible barriers/obstacles to inclusion? (Lack of knowledge, fear, special materials or supplies needed? Is the curriculum developmentally appropriate?)

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3. What steps can I take to adapt my teaching styles, classroom environment or lesson plans to include all children?

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**IDEAS FOR INCLUSION:**

- **Gain knowledge about ALL the children in your class/program.** Find out what their interests are. What are the challenges they face? How do their families cope with challenges? What resources have the families used? What resources are available to help me?
- **Make sure that expectations are developmentally appropriate.**
  1. **Group times or whole group instruction:** Most children can only sit and pay attention for about 2 minutes per their age. A group of 4 year old children may be able to attend for only a maximum of 8 minutes (This is if they are interested in the subject matter. If they are not interested the amount of time may be less.)
  2. **Give proper supports.** Ease transitions for children who have anxiety by using visual supports and extra time. Other supports may be fidgets, mats for sitting, visual boundaries, weighted toys or blankets etc. Limit waiting times and unnecessary transitions.
- **Adapt stories to meet the needs of the children.** (Shorten stories, use puppets, act stories out etc.)
- **Use expansion ideas** to help children learn the story such as playdough, clay, painting, Legos or blocks, scrap materials etc.
- **Use a story box** containing items children can use to act our or pretend to extend the story.

Childcare Aware: <http://mo.childcareaware.org/>

United4children: <http://health.mo.gov/safety/childcare/inclusion.php>

MO Inclusion Agency Directory: <https://ilcenter.org/document-uploads/agency-directory.pdf>