

Educational goal:

To introduce a method in cognitive stimulation and implement a everyday routine in this work

Background:

During our visit at Harriet's Day Care in January we observed the staffed struggling with routines for physical stimulation. The children had a daily sequence of massage and a sequence of body stretching and - strengthen using a method based on music and play. We observed and were told how these children had benefit from that work. We got the impression that the employees were well educated in this area. We have experience in the area of cognitive stimulation and, based on the observation from last visit, we think the children need regular focus on that area as well.

Definition:

Cognition is the set of all mental abilities and processes related to knowledge: attention, memory & working memory, judgment & evaluation, reasoning & "computation", problem solving & decision making, comprehension & production of language, etc.

Cognitive stimulation is all sorts of activities where the main goal is to achieve any of the abilities in the definition.

Our work:

We will visit Harriet's Day Care centre every day these two weeks.

Week 47:

We will observe the children's development since January. We wish to focus on their strengths, challenges and their interests.

We will use that information and make sequences of cognitive stimulation. Exactly how the staff should work and for how long each session, is hard to say before we have tried. We need the staff to help us interpret the signals from the children; if it's too long, too difficult/easy, wrong interest etc. Hopefully we will finish this work the first week.

Week 48:

We will implement the sequences in the daily routine. The first part of the week we will work together with the staff and at the end of the week they will work on their own. We will find routines so they can evaluate their work and adjust the level gradually as the children develop their skills. We wish to find a way for the nurse students to follow up on this specific work and have a dialogue with Reidun Larsen about this.