

Make a Difference

sock babies



Capital District
Child Care Council

ideas to support children's growth

How to Make a Sock Baby

Materials

- Flesh colored, ladies adult size ankle socks
- Colorful, patterned ankle socks or fluffy ankle socks
- Polyester stuffing
- Ribbon (2 pieces, 10 inches in length)
- Scissors
- *Child-proof bottle*
- *A few paper clips*
- *Duct Tape*

Place a few paperclips into a child-proof bottle and secure with duct tape - this will be used in step 2.

Instructions

1. Cut off the cuff of the sock a few inches above the heel.
2. Stuff the foot of the sock with polyester stuffing and insert the prepared child-proof bottle into the center of the stuffing.
3. Using a piece of ribbon, securely tie the opening of the sock. Trim excess ribbon.
4. Wrap a piece of ribbon around the stuffed sock about 3 inches below the top to create the neck. Trim excess ribbon.
5. Insert the doll into the colored or fluffy ankle sock.



Find more great DIY ideas at
cdccc.org/makeadifference.cfm





4 Ways to Help Children Learn Empathy

What is Empathy? Empathy is the ability to see a situation from someone else's perspective, or more specifically, to be able to place themselves in the same situation and think about how they would feel.

Unlike traits one is born with, empathy is something that should be taught. Adults who are more empathetic to others are often more successful in life, whether in a career or in a social setting. Having the ability to see a situation from another's point of view makes them a strong team player, leader, and more considerate of others.

Both toddlers and infants often show signs of empathy towards their peers, and with support from their caregivers can develop and strengthen this trait over time. Caregivers can support emerging empathy in multiple ways.

The Zero to Three National Center for Infant, Toddlers and Families has compiled various ways to support empathy in young children.



Empathize with your child:

By putting into words how the child feels, this shows the child that you understand and respect their fears and concerns. This also helps to model showing empathy to others.

Verbalize other children's feelings:

This is especially important if the child is noticing that another child is upset. "Bobby is sad because he fell down and hurt his knee...can you think of a way to make him feel better?"

Be patient and allow the situation to play out:

Often, caregivers are so concerned for the distressed child that the observing child is not allowed to help. Try stepping back and supporting the observing child through the distress, allowing children to create ways to help each other.

Use dramatic play to help create empathy scenarios:

Use dolls* to act out a scenario and then ask toddlers what they would do in that situation. The caregiver is also able to express how the doll may feel in this situation. This helps the toddler to plan ahead if the situation occurs again.

**Sock babies are perfect for this exercise.*

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