

About Early Essentials

[Music]

Amanda Perez: Hey! I'm Amanda Perez, in my office here at the Early Head Start National Resource Center. I'm working on a series for staff new to serving the very youngest children and their families, including expectant families, in Early Head Start or Migrant and Seasonal Head Start programs.

Welcome to "Early Essentials." This series is designed to make sure that you get the information that prepares you for this work, that gets you excited about it, and gives you some strategies and tips to help you as you get started with the littlest children and their families.

You'll find videos here that will address six topics. In webisode 1, we'll talk about what we mean by "quality" here and how staff support that quality. Webisode 2 will focus on the importance of relationships in work with expectant families and infants and toddlers and their families. In webisode 3, we'll see why we serve expectant families and the foundational importance of pregnancy to a child's life. Webisode 4 will address the incredible growth of the first three years. In the fifth webisode, we'll talk about what school readiness looks like for infants and toddlers. And finally, in webisode 6, we'll consider how staff take care of themselves as professionals in this work.

Watch the videos and use the resources we've identified to dig a little deeper. We're so glad you're with us. Can't wait to see you at the next "Early Essentials."