



PODCAST INFORMATION SHEET

EHS NRC Podcast Infomercial

This short video provides the viewer with a brief overview of the Early Head Start National Resource Center (EHS NRC) video podcasts and how to use them in their work.

All of EHS NRCs video podcasts can be found on the ECLKC or the Early Childhood Learning and Knowledge Center, Head Start's web portal at <http://eclkc.ohs.acf.hhs.gov/hslc>.

Video Podcasts

- **“A Quick Look: Recent EHS NRC Resources to Assist You in Thinking About School Readiness for Infants and Toddlers ”**

This podcast describes and familiarizes viewers with recent web-based Early Head Start National Resource Center (EHS NRC) resources designed around school readiness for infants and toddlers. It provides a brief description of both the content of the individual pieces and how to navigate them on the Early Childhood Learning and Knowledge Center (ECLKC).

- **“Clearing Your View: Staying Objective in Observation”**

Early Head Start and Migrant and Seasonal Head Start staff watch and observe babies every day. But do these everyday observations give us a true picture of the baby? This podcast explains how to observe babies and record what is seen in an objective way that will help staff understand the meaning of the child's behavior.

- **“Look at Me! Using Focused Child Observation with Infants and Toddlers”**

This video podcast introduces viewers to using focused observation with infants and toddlers and gives them an opportunity to “try out” some of the techniques discussed.

- **“Spending Time Outdoors Matters for Infants and Toddlers!”**

This podcast shares some of the benefits that infants and toddlers gain by spending quality time outside. It also offers some ideas for how Early Head Start staff and parents can make the most of outdoor time.

- **“Home Visitors Help”**

Home visiting is one of the most challenging and rewarding jobs there is. Home visitors work with families in their homes, nurture parent-child relationships, and offer families information, support, and connections to community resources. In this podcast, Early Head Start families share how home visiting has impacted them.

- **“The Early Head Start Family Child Care Option: Maybe it’s a Good Fit for Your Community”**

This podcast from the Early Head Start National Resource Center spotlights some of the advantages of the Early Head Start Family Child Care (EHS FCC) program option, including the benefits of partnerships between EHS programs, FCC providers, children, families, and communities. The podcast also describes how to access more information about the EHS FCC program option on the ECLKC.

- **“What Other Teen Parents Want You to Know about Early Head Start”**

Enrolling teen parents in Early Head Start can be a challenging task. This podcast features teen parents talking to other teens about getting involved in the program. Use it to spark conversations with teens in your community about how your program can help them.

Video Podcasts in Spanish (en Español)

- **“¡Mírame crecer!” (“Watch Me Grow”)**

Este podcast de video es una introducción a dos de los principios básicos del desarrollo infantil. Primero, en la gran mayoría de los casos el desarrollo ocurre en una forma secuencial; las habilidades que se desarrollan posteriormente tienen su origen en las habilidades adquiridas previamente. Segundo, el desarrollo ocurre de forma predecible; esto es, va de lo simple a lo más complejo en todas las áreas del desarrollo.

(Summary: *This video podcast introduces 2 basic child development principles. First; much of development unfolds sequentially. Second; development happens in a predictable pattern, moving from the simple to the complex in all developmental domains.*)

- **“Relaciones afectivas: la clave para el desarrollo y aprendizaje futuro” (“Relationships: The Key for Development and Future Learning”)**

Este podcast trata de las relaciones afectivas seguras y las interacciones recíprocas que son fundamentales para el desarrollo y crecimiento óptimo de los bebés y niños pequeños. Se destaca la importancia de la relación entre los adultos y los niños como la base del trabajo de los maestros en los programas de Early Head Start y los programas Head Start para migrantes y trabajadores de temporada.

(Summary: *This video podcast focuses on the importance of secure adult-child relationships on the healthy growth and development of infants and young children; and underlines the importance of strong relationships a foundational for the work of teachers, caregivers and adults in Early Head Start and Migrant and Seasonal Head Start Programs.*)

Caring Connections Podcast Series (Eight Segments)

The Caring Connections Podcast Series and supporting materials are available via Head Start's Early Childhood Learning and Knowledge Center (ECLKC) at eclkc.ohs.acf.hhs.gov. DVDs of the series are also available by contacting the Early Head Start National Resource Center at ehsnrcinfo@zerotothree.org

1. "Let's Talk About You"

The work that Early, Migrant and Seasonal, and American Indian and Alaska Native (AIAN) Head Start programs do with children from birth to five years of age, their families, and communities is intended to be imbedded in a context of strong relationships and intentional, individualized, responsive interactions. This podcast, which opens the Caring Connections podcast series, highlights the importance of the adult-child relationship and interactions as the base for all work in Early, Migrant and Seasonal, and AIAN Head Start programs.

2. "Let's Talk About Nourishment"

Feeding practices for infants and young children can vary greatly and are deeply rooted in relationships. This podcast suggests that a child's need for nourishment should be supported in an individualized way, respecting family and community foodways.

3. "Let's Talk About Routines"

Children are busy learning how their needs will be met by the adults who care for them. This podcast looks at the value of predictable routines to help young children build a sense of trust and security. Home visitors and child care providers will hear tips for creating meaningful routines.

4. "Let's Talk About Environments"

The way your physical environment is set up sends powerful messages to the infants and toddlers in your care. What messages does your physical environment convey to young children? Are they positive messages of security, trust, comfort, and belonging? Does it offer children the freedom to move and explore? This podcast focuses on the concept of environmental messages, how the physical environment impacts relationships between children and adults, and offers strategies and suggestions for creating and sustaining environments that convey positive messages.

5. “Let’s Talk About Following the Baby”

Even the youngest children are able to tell us in a variety of ways what they want and need. Caring adults invite their opinions, and listen when they provide them. When we show babies that their choices are important to us, we teach them self-awareness and self-confidence. This podcast highlights the importance of communicating with infants and toddlers, and following their lead as they explore their environment.

6. “Let’s Talk About Movement”

Motor skill development and movement experiences for infants and very young children are supported through individualized experiences with the people who surround them. Caregivers, parents, families, and others who engage with very young children can work together to promote daily opportunities for movement and active play. This podcast features interviews and resources drawn from the Office of Head Start’s Little Voices for Healthy Choices Initiative.

7. “Let’s Talk About Music”

Through music, children experience and explore concepts that help them with building capacities that range from social-emotional expression to physical development. Caregivers, parents, families and others who engage with very young children will learn the importance of adapting songs to fit the age and development of the children in their care. This podcast features interviews and resources drawn from the Office of Head Start’s Little Voices for Healthy Choices Initiative.

8. “Let’s Talk About Empathy”

As they develop, babies and toddlers are learning about how others feel. Empathy is an important part of self-awareness, and an important social skill. This podcast offers information and tips on teaching empathy and helping children understand the impact of their actions.

