

Podcast 6, Caring Connections, Let's Talk About Movement Information Sheet

This Month's Topic: Movement

Key Messages:

- Strong relationships are essential for a child's social-emotional and physical health and well-being.
- Parents, families, communities and early childhood professionals can work in partnership to promote opportunities for movement and active play indoors and outdoors throughout the day.
- Infants' and toddlers' motor skill development and movement experiences are supported through individualized daily routines.

Resources Referred to in this Podcast:

- Early Head Start National Resource Center (EHS NRC) website: [http:// www.ehsnrc.org](http://www.ehsnrc.org)
- Early Childhood Knowledge and Learning Center (ECLKC): <http://eclkc.ohs.acf.hhs.gov>
- Head Start Body Start (HSBS): <http://www.aahperd.org/headstartbodystart/>
- I am Moving I am Learning (IMIL) <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/Health/Nutrition/Nutrition%20Program%20Staff/IMIL/IamMovingIam.htm>
- Little Voices for Healthy Choices was a year-long initiative funded by the Office of Head Start to explore the areas of music, movement, brain development, nutrition and sleep as they relate to the 0-3 period. To view the Webinar, "Beyond Bottles and Baby Food" or additional webinars and resources produced as part of the initiative year, use the following link to the EHS NRC website. <http://www.ehsnrc.org/Activities/littlevoices.htm>

Head Start Program Performance Standards Relevant to the Content in this Podcast:

1304.21(a)(5) In center-based settings, grantee and delegate agencies must promote each child's physical development by:

- (i) Providing sufficient time, indoor and outdoor space, equipment, materials and adult guidance for active play and movement that support the development of gross motor skills
- (iii) Providing an appropriate environment and adult guidance for the participation of children with special needs.

1304.21(a)(6) In home-based settings, grantee and delegate agencies must encourage parents to appreciate the importance of physical development, provide opportunities for children's outdoor and indoor active play, and guide children in the safe use of equipment and materials.

If you do not have a copy of the Head Start Program Performance Standards and would like to view them electronically, you can use the following link to the ECLKC:

<http://eclkc.ohs.acf.hhs.gov/hslc/Program%20Design%20and%20Management/Head%20Start%20Requirements/Head%20Start%20Requirements>