

## **What are EHS Podcasts and How Can I Use Them?**

Narrator: The Early Head Start National Resource Center has created a set of video podcasts. So, we'd like to tell you a little bit about what they are and how to use them.

First: What is a Video Podcast? Sometimes, people call them Vodcasts, or pocket videos. They're short videos, usually between 5 and 10 minutes long that can be watched on a computer or a mobile device like a phone or tablet, or downloaded and saved on a computer or DVD or flash drive.

The EHSNRC Podcasts are on topics important in Early and Migrant and Seasonal Head Start and are designed to provide just the right amount of content for a short piece of professional development, to fit inside a busy schedule, or be used as one piece inside a larger training.

There's an Info Sheet that goes with each Podcast. You can read it from the computer screen or print it out...and share it...or just refer to it yourself. It includes things like reflection questions, references and links for additional resources and relevant Head Start Program Performance Standards.

Think of the Podcasts like a nugget or pearl of information -- one that could lead you to more resources on a topic...or stand alone to satisfy your need to learn, or share, something important in our field -- or maybe, just to refresh your memory on something you haven't thought about in a while.

So...How will YOU use them? Brown bag lunch? Or part of something longer? By yourself? With a small...or bigger group? In a center?...or office?...at home?...On the go?

However you do...Enjoy!