

Examples of School Readiness Goals for Physical Development & Health

EARLY HEAD START	HEAD START	Links to Health Services
<i>Goal 1:</i> Children will develop control of large muscles for movement, navigation, and balance.	<i>Goal 1:</i> Children will demonstrate control of large muscles for movement, navigation, and balance.	<p>Children with special health care needs and/or disabilities</p> <ul style="list-style-type: none"> • Modifying and adapting services to meet children’s unique developmental needs. • Increasing staff knowledge and skills on inclusive practices to promote children’s access to learning. <p>Family health literacy</p> <ul style="list-style-type: none"> • Providing engaging, empowering, and action-oriented health education programs that are designed for and with families to support child development in culturally and linguistically responsive and meaningful ways. • Cultivating effective partnerships to support healthy child development and promote school readiness. <p>Nutrition and physical activity</p> <ul style="list-style-type: none"> • Providing age appropriate amounts of physical activity in children’s daily routines to support positive behaviors and promote physical health. <p>Physical health</p> <ul style="list-style-type: none"> • Using health data to make decisions about how to individualize services to meet each child’s needs. <p>Safety and injury prevention</p> <ul style="list-style-type: none"> • Educating children, staff and families on ways to avoid injuries to ensure children learn safely. • Creating and maintaining safe environments that engage children and support their healthy development. <p>Sanitation and hygiene</p> <ul style="list-style-type: none"> • Promoting healthy habits to prevent illness and improve
<i>Goal 2:</i> Children will develop control of small muscles for manipulation and exploration.	<i>Goal 2:</i> Children will demonstrate control of small muscles for such purposes as using utensils, self-care, building, writing, and manipulation.	
<i>Goal 3:</i> Children will learn and begin to demonstrate healthy and safe habits.	<i>Goal 3:</i> Children will identify and practice healthy and safe habits.	

		<p>child participation.</p> <ul style="list-style-type: none">• Integrating school readiness into health policies and procedures to keep children healthy and engaged in learning.
--	--	--