

Healthy Brain Development Tip Sheet (cont'd)



Remember to Mention:

- Keeping children physically and emotionally safe is important for their developing brain.
- Children need repetition as well as new opportunities to use and develop their five senses (touching, smelling, tasting, listening, and seeing).
- Exposing children to a variety of opportunities and activities (indoor and outdoor) for “hands-on” learning with every day real objects engages all five senses and helps the brain to strengthen connections and form new ones.
- Learning experiences such as cooking and playing games can support exploration with all five senses, which stimulates children’s social, emotional, cognitive, physical, and language development.



Applicable Head Start Program Performance Standards:

<http://eclkc.ohs.acf.hhs.gov/hslc/standards/hspss/1304>

45 CFR 1304.21 Education and early childhood development

45 CFR 1304.40 Family partnerships (c)(2) and (e)(3)

Resources on ECKLC:

Early Head Start National Resource Center

- **Brain Development**
<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/cde/brain-dev>

National Center of Health

- **Links Between Health and the Five Essential Domains of the Head Start Child Development and Early Learning Framework (HSCDELF)**
<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/link-between/five-domains.html>
- **Healthy Children Are Ready to Learn. HHS/ACF/OHS/NCH. 2012. English.**
<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/physical-health/individual-wellness-plans/healthy-children-ready-learn.pdf>

National Center on Parent, Family, and Community Engagement

- **Healthy Start, Grow Smart: Prepare My Child for School Healthy Start, Grow Smart: Prepare My Child for School. DOA/ED/DHHS. Healthy Start Grow Smart Series. 2002.**
http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/family/for-families/Growing%20Up/Developmental%20Milestones/parent_pub_00109_122205.html
- **Brain-Based Parenting**
<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/family/for-families/Everyday%20Parenting/Family%20Life/BrainBasedParen.htm>

