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| **The Right Stuff**  **Resources to Help Realize the**  **Promise of Each Vermont Child**  Colorful star |  |
| **Issue No. 11 July 2017**  **Featured Component of the** [**Vermont Early Learning Standards**](http://education.vermont.gov/sites/aoe/files/documents/edu-early-education-early-learning-standards.pdf) **(VELS)**  **Growing, Moving and Being Healthy**  *In the early years, adults are primarily responsible for children’s health and development. This issue offers resources for learning about and supporting each child’s physical potential and well-being.*  **The Foundations of Lifelong Health Are Built in Early Childhood (0-9)**  [**http://developingchild.harvard.edu/index.php/resources/reports\_and\_working\_papers/foundations-of-lifelong-health/**](http://developingchild.harvard.edu/index.php/resources/reports_and_working_papers/foundations-of-lifelong-health/)  *This publication presents some essential findings based on research in neuroscience, molecular biology and genomics. The authors explain the significance of these findings for decision-makers across early childhood program and health promotion and prevention policy sectors and offer a new framework for viewing early childhood policy and practice.*    **Policies to Promote Child Health (0-9)**  [**http://www.futureofchildren.org/sites/futureofchildren/files/media/policies\_to\_promote\_child\_health\_25\_full\_journal.pdf**](http://www.futureofchildren.org/sites/futureofchildren/files/media/policies_to_promote_child_health_25_full_journal.pdf)  *This May 2015 issue of the Future of Children reviews the strongest evidence to date on how best to promote child health and discusses what interventions and strategies work best at various stages of children's development. It includes articles specific to promoting child health in the early childhood years and the importance of family-centered programs and policies.*  **Children with Special Health Needs (0-9)**  [**http://www.healthvermont.gov/family/special-health-needs**](http://www.healthvermont.gov/family/special-health-needs)  *This free public health program for Vermont families, health care providers, and communities provides targeted financial technical assistance when families are experiencing challenges with health insurance benefits or accessing services and supplies they need. It also provides* [*respite*](http://www.healthvermont.gov/sites/default/files/documents/2016/11/cyf_CSHN%20Respite%20FAQ.pdf)*funds to families who qualify so parents and caregivers can get a break. Supports are available to Vermont children and youth – age birth to 21 – who have a chronic physical or developmental condition and who also require health and related services of a type or amount beyond that required by children generally.*  **Too Hungry to Learn: Food Insecurity and School Readiness (0-9)**  [**http://www.childrenshealthwatch.org/publication/too-hungry-to-learn/**](http://www.childrenshealthwatch.org/publication/too-hungry-to-learn/)  *These research briefs by Children’s HealthWatch present findings on the harmful impact of food insecurity on health, development, and academic and economic success of young children. They underscore the long-term implications of early food insecurity on the US workforce as well as the cost implications for taxpayers.*  **Help Me Grow Vermont** **(HMGVT)** **(0-8)**  [**http://helpmegrowvt.org/**](http://helpmegrowvt.org/)  *HMGVT is a statewide system for improving access to existing resources and services for families with young children through age 8. It addresses families’ concerns and questions about their child’s behavior, development, and learning and connects them to community resources. By strengthening protective factors in families, HMGVT supports parents and caregivers to better understand and promote their child’s social and emotional well-being. It encourages children’s readiness to learn and succeed in school.*  [**Raising Young Children in a New Country: Supporting Early Learning and Healthy Development**](http://hsicc.cmail20.com/t/j-l-hkzidd-hdekiidu-o/)  **(0-9)**  [**https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/cultural-linguistic/fcp/docs/raising-young-children-in-a-new-country-bryc5.pdf**](https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/cultural-linguistic/fcp/docs/raising-young-children-in-a-new-country-bryc5.pdf)  *This handbook and tip sheets provide information on six themes: family well-being; health and safety; healthy brain development; early learning and school readiness; guidance and discipline; and family engagement in early care and education. Tip sheets correspond to the themes in the handbook. They include conversation starters, cultural considerations, and additional resources for each theme. Programs serving refugee families, newly arrived immigrant families, and others could use this resource to help ease their transition to a new country. Available in English, Arabic, and Spanish.*  **The Healthy Child: Assembly Required (0-9)**  [**https://www.youtube.com/watch?v=fXf3CCyhLGU**](https://www.youtube.com/watch?v=fXf3CCyhLGU)  *Kate Gallagher’s brilliant TED Talk discusses the assembly required in order to build physically, emotionally, cognitively, and socially healthy children.*  **Birth to 5: Watch Me Thrive! (0-5)**  [**https://www.acf.hhs.gov/ecd/child-health-development/watch-me-thrive**](https://www.acf.hhs.gov/ecd/child-health-development/watch-me-thrive)  *This initiative is a coordinated federal effort to encourage healthy child development, universal developmental and behavioral screening for children, and support for the families and providers who care for them. The website consolidates free, publicly available materials from a wide array of Federal agencies and non-Federal partners, while offering new resources (including a compendium of research-based developmental screening tools) appropriate for use with children under the age of 5 across a wide range of settings.*  **Child Development** **(1-9)**  [**http://www.cdc.gov/ncbddd/childdevelopment/index.html**](http://www.cdc.gov/ncbddd/childdevelopment/index.html)  *This website contains various resources on child development such as information on developmental milestones and screening, parenting tips, research findings, data and statistics. Free materials and multimedia resources are also available.*  **Child Development** **(1-9)**  [**http://www.pbs.org/parents/child-development/**](http://www.pbs.org/parents/child-development/)  *This website from PBS Parents provides a child development tracker that presents the stages of growth in various domains of children from age 1 to 9. These domains include approaches to learning, creative arts, language, literacy, mathematics, physical health, science, and social and emotional growth.*  **Teaching Your Child to Become Independent with Daily Routines**  **(3-5)**  [**http://csefel.vanderbilt.edu/documents/teaching\_routines.pdf**](http://csefel.vanderbilt.edu/documents/teaching_routines.pdf)  *When teaching a child to do self-care skills like tooth brushing or bathing, you first need to know what you can typically expect of a young child. (NOTE: The VELS is a great place to check on this!) This article lays out clear guidance for how to support young children in mastering these skills, along with suggestions for bumps that may be encountered along the way.*  **The Whole Child Development Guide: Early School Years (4-8)** [**http://cache.lego.com/upload/contentTemplating/ParentsChildDevelopment/otherfiles/2057/uploadDF1454F4-DED5-4B71-AAF2-05557D80CA04.pdf**](http://cache.lego.com/upload/contentTemplating/ParentsChildDevelopment/otherfiles/2057/uploadDF1454F4-DED5-4B71-AAF2-05557D80CA04.pdf)  *This document begins with an overview of the physical and cognitive development of young children aged 4 to 8 years, then presents theories of and supports for development. This is followed by in-depth descriptions by age.*  **Want more information about this domain?** Check out the Vermont Early Learning Standards (VELS) online at [**http://education.vermont.gov/student-support/early-education/vermont-early-learning-standards**](http://education.vermont.gov/student-support/early-education/vermont-early-learning-standards) The Growing, Moving and Being Healthy domain starts on page 39.  **Want more free resources related to this domain?** An annotated collection of free resources related to growing, moving and being healthy is available at [**http://fpg.unc.edu/presentations/vermont-resource-collections**](http://fpg.unc.edu/presentations/vermont-resource-collections)It includes free evidence sources, print materials, videos, websites and more. | |
| **The Right Stuff** is a free, one-way listserv that is distributed monthly. Each issue features a domain of the Vermont Early Learning Standards (VELS) and resources for supporting the learning and development of young children, birth to Grade 3, in that domain. All resources are evidence-based, readily available and free. All or part of **The Right Stuff** may be freely shared or reproduced. Past issues are available at [**http://fpg.unc.edu/presentations/right-stuff**](http://fpg.unc.edu/presentations/right-stuff)  **The Right Stuff** is compiled by Camille Catlett, supported by the Vermont Agency of Education, and funded by the Vermont Race to the Top Early Learning Challenge Grant. Highlighted resources are available in English and Spanish.  To receive your copy of The Right Stuff each month, send an email **with no message** to  [**subscribe-the\_right\_stuff\_listserv@listserv.unc.edu**](mailto:subscribe-the_right_stuff_listserv@listserv.unc.edu)  To suggest resources, please contact Camille Catlett at [**camille.catlett@unc.edu**](mailto:camille.catlett@unc.edu) | |