



# 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](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>

