Podcast 3, Caring Connections, Let's Talk About Routines
Information Sheet

This Month's Topic: Routines

Description: The very youngest children are busy learning whether their needs will be met with the adults who care for them. How can you help them build a sense of trust and security? This podcast will look at the value of predictable routines for young children, and offer a few tips for home visitors and child care providers on how to do that.

Resources Referred to in this Podcast:

Book(s):

Donna Wittmer and Sandra Petersen, *Infant and Toddler Development and Responsive Program Planning: A Relationship-Based Approach* (Upper Saddle River, NJ: Pearson Education, Inc., 2006), 275.

Websites and On-Line Resources:

Early Head Start National Resource Center (EHS NRC) website: http:// www.ehsnrc.org

Early Childhood Knowledge and Learning Center (ECLKC) http://eclkc.ohs.acf.hhs.gov

The following events are referred to in this podcast:

Beyond Sweet Dreams and Bedtime Stories: Supporting Healthy Sleep for Infants and Toddlers (Webcast)

Supporting Infants, Toddlers and Families Through the Family Child Care Program Option(Webcast)

Laying Foundations: Social and Emotional Development in the Earliest Years (Audiocast)

To listen to these events and more, go to: http://eclkc.ohs.acf.hhs.gov/hslc/resources/cinema

Video:

Resources for Infant Educarers (RIE). *Seeing Infants with New Eyes* [Video]. Los Angeles, CA: RIE.

Head Start Program Performance Standards **Relevant to the Content in this Podcast:**

1304.21 (a)(3) Grantee and delegate agencies must support social and emotional development by:

(ii) Planning for routines and transitions so that they occur in a timely, predictable and unrushed manner according to each child's needs.

If you do not have a copy of the Head Start Program Performance Standards and would like to view them electronically, you can use the following link to the ECLKC:

http://eclkc.ohs.acf.hhs.gov/hslc/Program%20Design%20and%20Management/Head%20Start%2
0Requirements/Head%20Start%20Requirements