



★ Early Essentials ★

## Quick Start Guide for The First Three Years

### Know the Essentials

- A child experiences tremendous growth and development during the first three years, a period that is foundational to later learning and life.
- Infants and toddlers are naturally driven to figure out the motivations and interests of the people around them.
- Adults play a critical role in providing safe environments that support the development of young children's self-regulation skills.
- Young children need even more support with managing their emotions during times of stress.

### Take a Deeper Look

- How do you use your knowledge of child development to support each child individually?
- How do you use your relationship with a child and their family to support the child's development and learning?
- How do you support young children who have difficulty managing their emotions?
- When a child and family are experiencing stress, how do you support them to cope?

### Explore Resources

- View the key concepts short videos ***Brain Architecture, Serve and Return, Toxic Stress, and Executive Function*** from the ***Center on the Developing Child Harvard University*** at: <http://developingchild.harvard.edu/>
- Explore ***Your Baby's Development*** at: <http://www.zerotothree.org/about-us/areas-of-expertise/free-parent-brochures-and-guides/age-based-handouts.html>
- Review the CDC Developmental Milestones Birth to 5 Years at: [http://www.cdc.gov/ncbddd/actearly/pdf/checklists/all\\_checklists.pdf](http://www.cdc.gov/ncbddd/actearly/pdf/checklists/all_checklists.pdf)
- View ***Babies Are Smarter Than You Think*** (1:15-3:59) to learn about the goldfish/broccoli experiment with toddlers at: [http://www.ted.com/talks/alison\\_gopnik\\_what\\_do\\_babies\\_think](http://www.ted.com/talks/alison_gopnik_what_do_babies_think)
- View the ***!Mirame crecer!*** (Watch me grow!) short video in Spanish at: <http://eclkc.ohs.acf.hhs.gov/hslc/Espanol/esp-ehs/ehs/desarrollo-infantil/Miramecrecer.htm>
- View ***Experiments with Altruism in Children and Chimps*** ( 0:00-4:16) at: <http://www.youtube.com/watch?v=Z-eU5xZW7cU>