



# SHORT VIDEO INFORMATION SHEET

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## Watch Me Grow!

This video podcast explores basic principles of child development that can be helpful to understand when supporting and individualizing care for infants and very young children.

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## Reflection Questions

- Can I think of examples from my own experience that illustrate how individual children develop at their own pace and rhythm?
  - How could I individualize for children in my care considering what was shared in this podcast?
  - Can I think of specific examples of activities an infant or young child might engage in that involve multiple developmental domains at the same time?
  - Do I think that the information shared in this podcast would be helpful for parents? How?
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## Related Resources

- Learn the Signs. Act Early Developmental Milestones. Centers for Disease Control and Prevention (CDC). <https://www.cdc.gov/ncbddd/actearly/milestones/index.html>
  - Office of Head Start. *Interactive Head Start Early Learning Outcomes Framework Ages Birth to Five*. Washington, DC: Department of Health and Human Services/Administration for Children and Families/Office of Head Start, 2015. <https://eclkc.ohs.acf.hhs.gov/interactive-head-start-early-learning-outcomes-framework-ages-birth-five>
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## Relevant Head Start Program Performance Standards

### §1302, Subpart C - Education and Early Childhood Development

§1302.30 Purpose

§1302.31 Teaching and the learning environment

§1302.32 Curricula

§1302.33 Child screenings and assessments

§1302.34 Parent and family engagement in education and child development services

§1302.35 Education in home-based programs.

### §1302, Subpart E – Family and Community Engagement Program Services

§1302.51 Parent activities to promote child learning and development.

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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:

<https://eclkc.ohs.acf.hhs.gov/policy/45-cfr-chap-xiii>

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