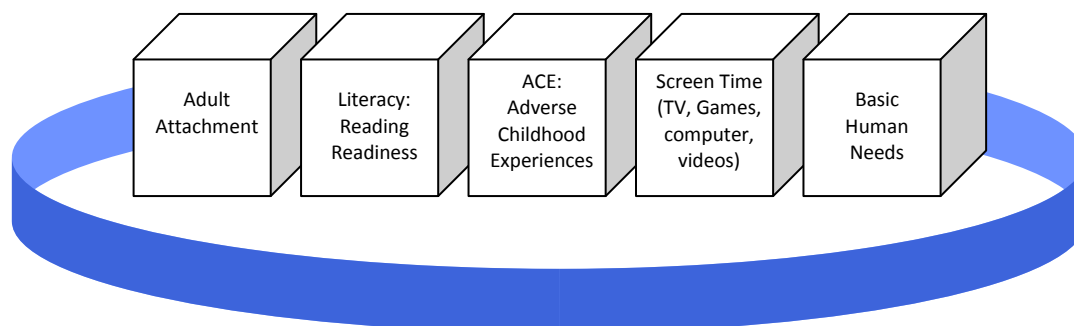


Foundations for healthy early childhood development



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| Adult Attachment & Relationship Stability | <ul style="list-style-type: none"> • Central to development • Organizes child's emotional, behavioral processes • Secure attachment promotes school readiness • Secure attachment buffers child from stress • Insecure attachments can be transformed to secure attachments • Attachment need not be with biological parent |
| Literacy: Reading Readiness | <ul style="list-style-type: none"> • Major developmental task, key to academic and economic success • Early language skills linked to later reading skills • Lower SES kids lag in language acquisition • Storytelling, conversations, shared book reading associated with language development • Socially interactive reading reinforces learning |
| Adverse Childhood Experiences (ACE) | <ul style="list-style-type: none"> • Study based on survey of traumatic childhood experiences • Poor adult health outcomes associated with higher childhood trauma scores • ACE scores influence risk of heart disease, substance abuse, depression, early death |
| Screen Time | <ul style="list-style-type: none"> • There is no demonstrated benefit for children under 2 years old • Children under 2 years are more likely to learn from a live person • Background TV distracts children, reduces interactive time with parents, siblings and reduces creative play • Has produced negative language effects in children under 2 years old |
| Basic Needs | <ul style="list-style-type: none"> • Shelter • Nutritious food • Safe physical environment • Physical Activity • Access to medical care |