

# VERMONT EARLY LEARNING STANDARDS

## MODULE 2: EVIDENCE-BASED RESOURCES

This list provides you with some additional information to support what you have learned in the VELS Module 2: Developing Self. Everything here is based on research and evidence in the early childhood field, which means that it is the very best information out there! Links to each item and a short description are included so you can quickly find what will be most helpful to you.

### APPROACHES TO LEARNING

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Check it out! **Mind in the Making and First Book**<sup>1</sup> have come together to create a fantastic list of books that support seven essential life skills for your child from birth through grade 3. Each life skill area includes a list of children's books and a tip sheet of related activities for your family to do together.

**Zero to Three** has many resources that offer you practical tips and suggestions to support your child's development and their approach to exploration and play. On their webpage, Zero to Three offers **Parenting Strategies for a Persistent Child**<sup>2</sup> (2010), a list of tips for you to help your young children (birth through age three) learn how to approach challenges.

The **Center on the Developing Child** at Harvard University has published the *Activities Guide: Enhancing and Practicing Executive Function Skills with Children from Infancy to Adolescence*<sup>3</sup>. This downloadable guide has activities organized into six age groups, each of which include ideas for play, games, physical and movement activities, and quiet (or individual) activities for your child.

### SOCIAL EMOTIONAL DEVELOPMENT AND LEARNING

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**Zero to Three** has many resources that offer practical tips and suggestions for your family to support your child's **social and emotional learning and development**<sup>4</sup>. Take a look at the following selected resources that share information about supporting your child's learning at home in your everyday routines:

- **Developing Social Emotional Skills**<sup>5</sup>: This series of web-based resources offers several different strategies and suggestions for how to participate in your child's social and emotional development from birth to age three.
- **Tips on Helping Your Child Learn to Cooperate**<sup>6</sup>: This article provides your family practical ideas for how to help your young child (birth through age 3) develop cooperation skills during your everyday routines and activities.

The **Center on the Social and Emotional Foundations for Early Learning (CSEFEL)**<sup>7</sup> has many resources for you to learn about and support your child's healthy social-emotional development.

## SOCIAL EMOTIONAL DEVELOPMENT AND LEARNING (Continued)

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- The brief **Teaching Your Child to: Identify and Express Emotions**<sup>8</sup> will help you understand how to teach your child identify different emotions and different strategies for managing emotions. There are several activity suggestions included as well that your family can do together any time!

## GROWING, MOVING AND BEING HEALTHY

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Get up and go! The **National Association for the Education of Young Children** offers **resources for your family**<sup>9</sup> to support child’s motor skill development and how to raise healthy, independent children. Take a look at these selected resources:

- **Healthy, Fit Families**<sup>10</sup>: This article gives you ideas for how to help your child eat well and understand nutrition, get regular exercise, and minimize screen time.
- **Help Your Child Build Fine Motor Skills**<sup>11</sup>: This article offers suggestions of opportunities and items to make available to your child to support the development of their fine motor (small muscle) skills.
- **Encouraging Healthy Sleep Habits**<sup>12</sup>: This article explains why sleep habits are important to child development, and offers help with key strategies to help your child develop good sleep habits.

Even the CDC is in on the action! The **Centers for Disease Control and Prevention** have a **Child Development website**<sup>13</sup>, which includes a page of **Positive Parenting Tips**<sup>14</sup>. The Tips are organized by age from birth through age 17, and includes suggestions for you about parenting approaches, child safety, and healthy bodies.

## NOTES

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## LIST OF LINK URLS

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- <sup>1</sup> <http://www.mindinthemaking.org/firstbook/>
- <sup>2</sup> <https://www.zerotothree.org/resources/244-parenting-strategies-for-a-persistent-child>
- <sup>3</sup> <http://developingchild.harvard.edu/resources/activities-guide-enhancing-and-practicing-executive-function-skills-with-children-from-infancy-to-adolescence/>
- <sup>4</sup> <https://www.zerotothree.org/early-development/social-and-emotional-development>
- <sup>5</sup> <https://www.zerotothree.org/resources/series/developing-social-emotional-skills>
- <sup>6</sup> <https://www.zerotothree.org/resources/222-tips-on-helping-your-child-learn-to-cooperate>
- <sup>7</sup> <http://csefel.vanderbilt.edu/resources/family.html>
- <sup>8</sup> [http://csefel.vanderbilt.edu/documents/teaching\\_emotions.pdf](http://csefel.vanderbilt.edu/documents/teaching_emotions.pdf)
- <sup>9</sup> <https://www.naeyc.org/our-work/for-families>
- <sup>10</sup> <http://families.naeyc.org/article/healthy-fit-families>
- <sup>11</sup> <http://families.naeyc.org/learning-and-development/child-development/help-your-child-build-fine-motor-skills>
- <sup>12</sup> <http://families.naeyc.org/child-development/encouraging-healthy-sleep-habits>
- <sup>13</sup> <https://www.cdc.gov/ncbddd/childdevelopment/>
- <sup>14</sup> <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html>