



### Infant and Toddler Facts

All children will develop movement patterns, eating habits and language and literacy skills at their own rate. By creating environments that are fun and encourage learning, you are supporting your child's individual growth and development.

An early start is the best start. The sooner a parent involves their child in activities that support movement, early communication and healthy eating, the more likely the child is to reach his or her developmental potential.

Infants and toddlers learn to communicate in many ways through gestures, sounds and playing together. You can encourage children to communicate with you by talking, humming and singing with them often during each day.

The "alert and happy" times are the best times each day for infants and toddlers to learn something new. If you try an activity that your child is not responding to or not enjoying, try it again at a better time.

For additional infant/toddler facts visit *Move with Me from Birth to Three*

[http://www.2010legaciesnow.com/fileadmin/user\\_upload/Embrace\\_Learning/MOVE\\_resource.pdf](http://www.2010legaciesnow.com/fileadmin/user_upload/Embrace_Learning/MOVE_resource.pdf)



### Early Head Start Cluster Orientation

#### Everything You Ever Wanted to Know About Early Head Start

March 15 & 16

Breckinridge – Grayson EHS

Leitchfield, KY.

David Hurlbert and Lisa Goldman from the Regional Office will be present.

Everyone will receive 13 early care clock hours

Come Tour Breckinridge-Grayson's Early Head Start facility

**Cathy Darst, Director**

To register: [www.khsa.org/t&ta.asp](http://www.khsa.org/t&ta.asp)

### Early Childhood Mental Health in Early Head Start and Head Start:

[View On-Demand Webcast](#)

Discover the importance of relationships to a child's development and explore resources that help programs improve mental health services.

### Upcoming Conference

[39<sup>th</sup> Migrant and Seasonal Head Start - Washington, DC.](#)

February 23 – 26, 2010

Our Pledge: The KY T/TA State Office pledges to provide timely, current, and interesting monthly newsletters for the Head Start and Early Head Start communities and others interested in the field. In keeping with our mission to be more "green," we will provide our easy to read newsletter via email. We would like to hear from you and encourage your suggestions for newsletter content. Contact the editor: **Joyce Roach**

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