

Choosing Quality Child Care in New Hampshire



Office Hours

Monday – Friday

8:00AM to 5:00PM

Online Referrals are available 24/7 at

www.nh.childcareaware.org

Check out our Family Facebook page at 

<https://www.facebook.com/CCAoNHFamilies/>

Call Toll Free: 1-855-393-1731



Child Care Aware of New Hampshire Powered by Southern New Hampshire Services



Child Care Aware of New Hampshire – Main Office 88 Temple Street, Nashua, NH 03060

Telephone: (603) 578-1386 or 1-855-393-1731 Fax: (603) 578-1736

www.nh.childcareaware.org or www.SNHS.org



Dear Client,

Thank you for using Child Care Aware of New Hampshire, a Child Care Resource and Referral Program powered by Southern New Hampshire Services, for your child care needs. Child Care Aware of NH is committed to providing you with quality consumer education to assist you on your search for a quality child care program. To ensure that you select the best possible child care arrangement for your child, in our referral packet we have included our “*Choosing Quality Child in NH Booklet*” which will outline key questions and practices for you to use when conducting your child care search. We are also providing you with a tailored list of child care providers who may meet your needs. This list is based on the information you provided about your child’s age, preferred location, and other preferences you indicated you were looking for. Your packet should contain the following:

- Choosing Quality Child Care in NH Booklet
- Family Satisfaction Survey
- Child Care Referral List
- Daily Parent Article

For those participating in NHEP, you have received some of this information during the orientation.

We would suggest that you visit several providers to determine what is best for your family and we strongly urge you to check references.

Information provided to you is not an endorsement of any particular provider by this agency. The providers on the enclosed list have not been evaluated or recommended by Child Care Aware of NH. Child Care Aware of NH provides referrals, not recommendations. The final decision about your child care arrangements must be made by you. The quality of a particular child care provider must be solely determined and monitored by you.

PLEASE NOTE: If you are concerned about any child care provider you visit or use, we urge you to call us. We will record your concerns and advise you about further action to take. Parent observation and feedback are critical in our service and in all child care.

Good luck in your search for child care. Please feel free to call us back with any questions or if you need a more extensive list. A representative from our office will be contacting you in the next few weeks to discuss your experience finding child care and working with Child Care Aware of NH.

FOR MORE INFORMATION, CALL OUR MAIN REGIONAL OUTREACH OFFICE, 1-855-393-1731.

Sincerely,

Tracy Pond
Program Manager

Child Care Aware of New Hampshire is a Child Care Resource and Referral program of Southern New Hampshire Services. Child Care Resource and Referral is funded in part by the NH Department of Health and Human Services.

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About Child Care Resource & Referral (CCR&R):



Child Care Aware of New Hampshire is a CCR&R Program

CCR&R helps families find child care...

Choosing child care is one of the most important decisions families make. CCR&Rs help families take the guesswork out of choosing care by giving them FREE referrals to local child care providers, information on state licensing requirements, availability of child care subsidies, and other pertinent information. CCR&R provides guidance tailored to each family by phone, in person, and via the Internet.

CCR&R builds the supply of child care...

In most communities, demand for child care far exceeds supply. CCR&R provides an entry point to the child care field, helping providers meet licensing requirements. CCR&R also support providers by offering low-cost or FREE training in diverse topics like health & safety, child development, and sound business practices. CCR&Rs work with local and state governments and the private sector to leverage to collaborate on resources for building and maintaining the supply of quality child care.

CCR&R improves the quality of child care...

No one has greater impact on the quality of care than the people who work with children every day. That is why CCR&Rs across the country provide ongoing professional development opportunities to child care providers and staff. By supporting accreditation programs, helping create financial incentives for education, and advocating for better compensation for providers, CCR&Rs improve the quality of care for all children.

CCR&R bridges child care and education...

High-quality child care has many benefits, including preparing children for school. CCR&Rs strive to create child care settings that help children grow and learn. Educating families about early learning and the components of quality care is also a major part of CCR&R services. CCR&Rs are dedicated to informing communities about the important links between early learning and later success in school.

CCR&R documents child care needs and trends...

What makes CCR&Rs unique is their ability to gather information to better understand family needs. CCR&Rs are the major source of information about the local supply and cost of child care. CCR&Rs are able to track trends about the changing needs of families.

CCR&R engages new partners...

High-quality child care does more than benefit children; it can create positive results for entire families and for communities as a whole. By reaching out to business leaders, law enforcement, school teachers, and others, CCR&Rs help make child care an issue the entire community cares about. CCR&Rs collaborate with other family support services to promote a holistic vision of child care that includes health, literacy, and special needs.

CCR&R tells the child care story...

By providing resources, documenting community needs, and creating new ways to meet those needs, CCR&Rs bring the voices of children, families, and child care providers to the public.

Adapted from www.naccrra.org, the website of the National Association of Child Care Resource & Referral Agencies

5 Steps to Choosing Quality Child Care

1. Start Early

Start looking as far in advance as you can. No matter what type of care you are considering—a child care center or care in someone else’s home—finding the right child care option can take some time.

2. Make a Call

You’ve already begun your search by calling your local experts—your Child Care Aware of NH Regional Outreach Office. Child Care Aware of NH can give you the facts about child care, and a list of child care options in your area that may meet your needs. You will find the answers to these and more questions in this booklet and by talking with the Child Care Resource and Referral Outreach Specialist.

- What are the licensing requirements in my area?
- How can I get information about complaints and licensing violations?
- Are there any child care financial assistance programs that my family qualifies for?

Call us at one or our office locations listed on page 5 of this packet.

3. Visit and Ask Questions

Make sure you visit the child care options you are considering. Find out about these key indicators of quality:

- *Adult to Child Ratio:* Ask how many children there are for each adult. The fewer the children for each adult, the better for your child. You want your child to get plenty of attention. The younger your child, the more important this is. Babies need an adult to child ratio of no more than 1:4 (one adult for four infants); while four-year-olds can do well with a ratio of 1:10 (one adult for ten children).
- *Group Size:* Find out how many children are in the group. The smaller the group, the better. Imagine a group of 25 two-year olds with five adults, compared to a group of 10 with two adults. Both groups have the same adult to child ratio. Which would be calmer and safer? Which would be more like a family?
- *Caregiver Qualifications:* Ask about the caregivers’ training and education. Caregivers with degrees and/or special training in working with children will be better able to help your child learn. Are the caregivers involved in activities to improve their skills? Do they attend classes and workshops?
- *Turnover:* Check how long caregivers have been at the center or providing care in their homes. It’s best if children stay with the same caregiver for at least a year. Caregivers who come and go make it hard on your child. Getting used to new caregivers takes time and energy that could be spent on learning new things.
- *Accreditation:* Find out if the child care provider has been accredited by a national organization. Providers that are accredited have met voluntary standards for child care that are higher than most state licensing requirements. The National Association for the Education of Young Children (NAEYC) and The National Association for Family Child Care (NAFCC) are the two largest organizations that accredit child care programs.

4. Make a Choice

Think about what you saw at each visit, and make the best choice for your child and family.

5. Stay Involved

The work isn't over when you find good care for your child. You and your child's caregiver are partners now.

Here are some ways to be involved:

- Have family-caregiver meetings regularly, and ask questions.
- Offer to volunteer time when needed, like participating in clean up days, fixing broken toys.
- Be there for your child's birthday party.
- Visit your child at child care and read a book aloud.
- Join in special events, like field trips, Career Day, Black History Month, or other holidays.

Even if you can't get time off from work during the day, you can still check in at drop-off and pick-up times. Ask the caregiver how things are going, and how your child is doing.

Visiting and participating in events at your child's provider sends a strong message. It tells your child and your child's caregiver that you think what your child is doing and learning is important.

Find out more about efforts in your community to improve the quality of child care. Is your caregiver involved in these activities? How can you get involved? For more information, contact Child Care Aware of NH today.



Choosing Child Care in New Hampshire

Selecting a child care arrangement for your child can seem to be an overwhelming task. There are many factors to consider including types of care, price, availability, and location. Families' needs and priorities must not be overlooked. Plan to spend as much time as possible to explore the options available. Please keep in mind that Child Care Aware of New Hampshire provides referrals NOT recommendations. We do not endorse any specific program or provider. It is a family responsibility to choose the option that best suits your needs and those of your child. This booklet provides you with information and quality indicators to help you with this choice.

Quality indicators include immunization requirements, child-staff ratios and group size, staff qualifications and ongoing training requirements, positive discipline policies, and child abuse/neglect prevention. Health & safety indicators can include routine fire drills, medication policies, emergency plans, playground safety, and hand washing/hygiene policies. If you have any questions please contact one of our Regional Outreach Offices. We're here to help!

Types of Licensed Child Care

- | | |
|---|---|
| Group Child Care Agency | * A center-based child care program that cares for 1 or more children ages 3 to 6 years of age, up to 4 of whom may be younger than 3 years of age, plus 5 children enrolled in a full-day school program. |
| Family Child Care Homes | * A child care program operated in a home in which the provider resides. In a family child care home one provider may care for a maximum of 6 preschool children plus up to 3 children who are enrolled in a full-day school program. The number of children younger than 36 months of age and 24 months of age that may be cared for is limited. |
| Family Group Child Care Home | * A child care program operated in a home in which the provider resides. In a family group child care home one provider and one family child care worker or assistant may care for 7 to 12 preschool children plus up to 5 children enrolled in a full-day school program. The number of children younger than 36 months of age that may be cared for is limited. |
| Preschool Program | * A center-based child care program that provides care and a structured program for children ages 3 years of age and older who are not attending a full day school program. Preschool programs can care for children up to 5 hours per day. |
| Infant/Toddler Program (Child Care Nursery) Night Care | * A center-based child care program that cares for 5 or more infant and toddlers under three years of age.
* A center-based, family or family group child care program that provides care during the evening or night time hours between 7:00 PM and 6:00 AM. The type of center-based family will determine the limits on ages and numbers of children or family group child care program issued. |
| School-Age Program | * A child care program providing child care for up to 5 hours per school day, before or after, or before and after, regular school hours, and all day during school holidays and vacations. |

Criminal Background Checks and Fingerprinting

The Child Care Licensing Unit requires that anyone who is a household member living in a licensed child care program or anyone working in a **licensed child care program** age 18 years or older, submits to a comprehensive background check that includes: NH criminal history record conducted by the State Police Department, a fingerprint-based check conducted through the Federal Bureau of Investigations (FBI), which includes a check of the National Sex Offender Registry; a check of the NH Child Abuse and Neglect Registry; and the NH Sex Offender Registry. If an individual lives in another state or has lived in another state in the previous 5 years, the background check includes that state's Child Abuse and Neglect Registry along with the state's sex offender registry. In addition, other individuals' age 14 to 17 years who are in contact with children and all household members age 10 and over must submit to a child abuse and neglect background check conducted by NH DCYF.

Child Care Centers Group Size and Ratio

Age of Child	Child – Adult Ratio (Number of children per adult)	Group Size (Maximum number of children per room)
6 weeks - 12 months	4 - 1	12
13 - 24 months	5 - 1	15
2 years	6 - 1	18
3 years	8 - 1	24
4 years	12 - 1	24
5 years + (children attending child care program all day)	15 - 1	30
4 years 8 months + (children in full day public school who attend child care program before/after school and school vacations)	15 - 1	45

When there are mixed ages in the same group, the ratio is based on the average age of children in the group. Infants may be included in the mixed age groups with children over age three with certain restrictions, and the maximum number of children under age three allowed in a mixed age group is 16.

If you have questions regarding ratios, please contact the Child Care Licensing Unit at (603) 271-9025.

Center Staff Education, Training and Experience

- A center is required to have on staff a **Center Director** or qualified substitute who has at least 1000 hours of work experience with young children and the approved equivalent of an Associates Degree in Early Childhood Education.
- **Lead Teachers** are required to have a high school diploma and at least 18 credits in Early Childhood Education or equivalent. There must be 1 qualified teacher per every 6 staff members.

- **Associate Teachers** must have a high school diploma and at least 9 credits in early childhood education or its approved equivalent.
- **Assistant Teachers or aides** must be at least 16 years old and must always be under the direct supervision of an associate teacher.
- The director or substitute of a school-age program must be on-site during all operating hours when the program is open 5 hours or less, and 2/3 of the day when open more than 5 hours (holidays). An associate teacher must be present for the other 1/3 of operating hours.
- The director (or substitute) of a child care center, including preschool programs and programs operating in the evening or overnight, must be present for 2/3 of daily operating hours.
- NH requires 18 hours per year of ongoing training in early education for all center staff.
- All staff are certified in Infant/Child CPR and First Aid.

Family or Family Group Child Care Homes

- Family child care homes with one provider may generally care for 6 preschool children and 3 school-age children, with no more than 4 children under 36 months, of which no more than 2 children may be under 24 months of age.
- Family group child care providers who work with an assistant may care for up to 12 preschool children and often 5 school-age children, and no more than 4 children may be under 36 months of age.
- Family child care providers must be at least 18 years old. Providers who are under age 21 must complete a Child Care Licensing Unit's approved child care curriculum. This is not required of providers age 21 and over.
- NH currently requires 18 hours per year of ongoing training in early childhood education for family child providers.
- Family child care providers must be certified in Infant/Child CPR and First Aid.

Choosing Unlicensed Care in New Hampshire License-Exempt as Type of Care

(Licensing is not required under the following conditions)

Programs can be exempt from licensing under the following conditions:

- * Are caring for no more than 3 children other than their own.
- * When programs are run by an approved private or public elementary schools and are regulated by the NH Department of Education.
- * When children's programs are run and regulated by other government programs (Army, etc.).
- * When it is a camp, summer or recreational program for school age children.

License-Exempt Child Care Home Providers enrolled/enrolling to receive NH Child Care Scholarship must meet, at a minimum, the following requirements:

- Be 18 years of age or older.
- When care is provided in the provider's home, all household members age 18 and older must successfully complete a Criminal Record Check which includes Fingerprint results, DCYF Central Registry, and state and national Sex Offender Registry Checks prior to enrollment. Household members age 12 to 17 must successfully pass the DCYF Central

Registry and state and national Sex Offender Registry Checks, conducted by DCYF prior to enrollment.

- Be certified in Pediatric CPR and first aid.
- Complete training in 10 required health and safety topics prior to enrollment in the NH Child Care Scholarship Program.
- Complete four hours of annual ongoing training per year. Two must be in the required health and safety topics, and two must be in other DHHS specified topics.
- Submit to an annual announced monitoring visit by the DHHS Child Care Licensing Unit.

License-Exempt Child Care Center/Facility Programs enrolled/enrolling to receive NH Child Care Scholarship must meet, at a minimum, the following requirements:

- Staff that are 18 years of age or older must successfully complete a Criminal Record Check which includes Fingerprint results, DCYF Central Registry, and state and national Sex Offender Registry Checks prior to enrollment. New staff that are 18 years of age or older must be supervised by an individual who has received a qualifying result of a background check within the past 5 years until all background checks have been completed.
- Staff under 18 years of age must successfully pass the DCYF Central Registry and state and national Sex Offender Registry Checks. These individuals must be supervised by staff who have received a qualifying result of a background check within the past 5 years.
- Staff must be certified in Pediatric CPR and first aid prior to enrollment.
- Staff must complete training in 10 required health and safety topics prior to enrollment.
- Staff must complete four hours of annual ongoing training per year. Two must be in the health and safety topics, and two must be in other DHHS specified topics.
- The program must submit to an annual announced monitoring visit by the DHHS Child Care Licensing Unit.

New Hampshire Quality Rating System Designations

New Hampshire currently has three designations for quality child care. The following program types continue to meet the increasing standards; which are known to improve quality, and to ensure the safety of children and prepare them for success.

Licensed

Licensed programs include child care centers and family child care homes. The Child Care Licensing Unit (CCLU) regulates licensed child care programs based on the following aspects:

- **Ratio:** The number of children per adult in a home or classroom.
- **Group Size:** The total number of children in a group setting (i.e. a classroom or home).
- **Health:** Policies and practices around illness, immunization, nutrition, cleanliness, and preventing the spread of germs.
- **Safety:** Practices to make sure the environment is safe, both indoors and outdoors. This includes furniture or structures in the environment; its' placement, as well as equipment and toys. Also includes practices around First Aid and Infant and Child CPR training for staff, fire precautions, criminal background checks, etc.
- **Training, Education and Experience of the Provider:** Assures providers have education and training in child development and other related topics. Providers have experience caring for children in a group setting, and must interact with children in ways that are developmentally appropriate.

If you are considering licensed child care ask the program about their most recent Statement of Findings and Corrective Action Plans. Licensed centers and family child care providers are required to make these available for your review. You can also contact the Child Care Licensing Unit by calling (603) 271-9025 or toll free at (800) 852-3345, ext. 9025 for information or collect this information on the web at:

<https://nhlicenses.nh.gov/verification/Search.aspx?facility=>

Licensed Plus

Licensed Plus is a designation in New Hampshire's Quality Rating System. It means that a child care provider has implemented practices into their program above and beyond required licensing standards, but is not accredited. However, programs and providers who are Licensed Plus may be in the process of becoming accredited. Licensed Plus helps families evaluate their choices of quality child care.

The Licensed Plus Program was developed by a public and private partnership in collaboration with the Bureau of Child Development and Head Start Collaboration and is administered by the Bureau. A network of child care providers significantly contributed to the development of the program.

To view a list of Licensed Plus Programs visit
<http://www.dhhs.nh.gov/dcyf/licensedplus/providers.htm>.

Accreditation

Accredited programs are programs that have gone through a process of self-study and outside evaluation and have met higher standards of quality child care.

National accrediting associations include:

- National Association for the Education of Young Children (NAEYC) accredits child care centers. Visit <http://families.naeyc.org/find-quality-child-care> to search for an accredited child care center in New Hampshire.
- National Association for Family Child Care (NAFCC), accredits providers who are caring for children in the provider's own home. Visit <http://www.nafcc.org/Accredited-Provider-Search-Function> to search for an accredited family child care program in New Hampshire.
- Council on Accreditation (COA) accredits programs that provide care when school-age children are not in school. Visit <http://coanet.org/accreditation/who-is-accredited/who-is-accredited-search/> to search for an accredited school-age program in New Hampshire.

Frequently Asked Questions

What can I do if I have a concern about something that happened in a licensed child care program or license exempt program? Call the Child Care Licensing Unit (CCLU) to share your concerns at 1-800-852-3345, ext. 9025. CCLU staff will ask a series of questions to obtain the specifics of your concerns. CCLU staff will determine whether your concerns constitute any violations of NH Statutes or Administrative Rules and the appropriate response. To be informed of the investigation results, you will need to provide your name and address, however CCLU will never tell the provider who made the report while investigating. If you suspect that a child may have been abused or neglected, contact the Child Abuse Report Line at 1-800-894-5533.

What do I do if I have a complaint about the services provided by Child Care Aware of NH? Child Care Aware of NH strives to locate quality, affordable and accessible child care to meet each family's needs. Results from the Family Satisfaction Surveys are incorporated into our program evaluation and aids in our plans in program improvement.

Our complaint policy ensures that if families are not satisfied with the services, they have a way to share their feedback anonymously and feel that their concerns were heard and addressed. In the event that the services provided by Child Care Aware of NH are unsatisfactory, please use the following Complaint Policy:

If a family is not satisfied, they should contact the Child Care Aware of NH Program Manager immediately.

Tracy Pond, Program Manager
88 Temple Street, Nashua, 03060
(603) 578-1386, ext. 2530 or 1-855-393-1731
tpond@snhs.org

The Manager will discuss the complaint with personnel and issue disciplinary action, as she/he deems appropriate.

*Confidentiality Information- Any information shared with Child Care Aware of NH will be kept confidential. We do not sell or distribute it in any way. Family database information will be available to the NH DHHS Bureau of Child Development and Head Start Collaboration and will be used by Child Care Aware of NH Staff for the purpose of assisting families in their search for child care. The information is stored in our database and may be used in statistical or anecdotal form to advocate on behalf of children, families, and child care. The database is password protected and accessible only by authorized Child Care Aware of NH representatives. Staff are prohibited from the disclosure of any individualized information regarding families or children without a release of information form signed by the parent.

Child Care Aware of NH is a Child Care Resource and Referral Program powered by Southern New Hampshire Services. The preparation of this flyer was financed under a Contract with the State of NH, Department of Health and Human Services, Division of Economic and Housing Stability, Bureau of Child Development and Head Start Collaboration, with funds provided in part by the State of NH and the US DHHS.

How can families receive help paying for child care expenses?

The NH Department of Health and Human Services (DHHS) offers families help to pay for some of the costs of child care through the NH Child Care Scholarship Program. Families must be income eligible and involved in work, training, education or be looking for employment. This information is effective as of July 2, 2018.

Family Size	Monthly Gross Income	Annual Gross Income
2	\$3,018	\$36,212
3	\$3,810	\$45,716
4	\$4,602	\$55,220
5	\$5,394	\$64,724
6	\$6,186	\$74,228
7	\$6,978	\$83,732
8	\$7,770	\$93,236

If, at initial application, your income is less than the monthly or annual gross (before taxes) income listed above for your family size, you might be eligible for New Hampshire Child Care Scholarship. At redetermination, you might be eligible at a higher income. Your Family Service Specialist will let you know at time of redetermination. If you are applying for other DHHS services (medical/Food Stamps/financial assistance) in addition to child care assistance; you must apply for assistance either online through the NH Easy website, <https://nheasy.nh.gov/> or visit your local DHHS Office. We have outlined these office locations for you below. You can also find additional office locations at <http://www.dhhs.nh.gov/contactus/districtoffices.htm>

DHHS/Berlin

650 Main Street, Suite 200
Berlin, NH 03570
(603) 752-7800
(800) 972-6111

DHHS/Claremont

17 Water Street, Suite 301
Claremont, NH 03743
(603) 542-9544
(800) 982-1001

DHHS/Concord

40 Terrill Park Drive
Concord, NH 03301
(603) 271-6200
(800) 322-9191

DHHS/Conway

73 Hobbs Street
Conway, NH 03818
(603) 447-3841
(800) 552-4628

DHHS/Keene

111 Key Road
Keene, NH 03431
(603) 357-3510
(800) 624-9700

DHHS/Laconia

65 Beacon Street W.
Laconia, NH 03246
(603) 524-4485
(800) 322-2121

DHHS/Littleton

80 North Littleton Road
Littleton, NH 03561
(603) 444-6786
(800) 552-8959

DHHS/Manchester

1050 Perimeter Road, Suite 501
Manchester, NH 03103
(603) 668-2330
(800) 852-7493

DHHS/Seacoast

19 Rye Street
Portsmouth, NH 03801
(603) 433-8300
(800) 821-0326

DHHS/Southern

26 Whipple Road
Nashua, NH 03060
(603) 883-7726
(800) 852-0632

DHHS/Rochester

150 Wakefield St., Suite 22
Rochester, NH 03867
(603) 332-9120
(800) 862-5300

Who can receive reimbursement for NH Child Care Scholarship?

Only child care providers enrolled with DHHS may receive NH Child Care Scholarship reimbursement for eligible families. DHHS enrolls 2 types of child care providers:

- Licensed providers (centers, family homes, and school-age); and
- License-exempt providers.

*For questions regarding how to become an enrolled provider, contact 603-271-4242 or email <https://www.dhhs.nh.gov/dcyf/cdb/contact.htm>.

How can a license-exempt family child care provider enroll to receive reimbursement for NH Child Care Scholarship provided to a family?

License-exempt family child care providers must meet the following requirements:

- Be 18 years of age or older;
- Not be a parent or legal guardian of the child; and
- Not be living in the same home as the child.

If the provider meets these initial requirements, the provider must complete the enrollment forms, must successfully complete a criminal background check, which includes fingerprints, and must complete the required Health and Safety trainings, including Pediatric CPR and first aid. All required enrollment forms are available via email or can be mailed upon request.

Valuable Community Resources

Below you will find various local and state resources that might be helpful to you.



The New Hampshire Women, Infants and Children Nutrition Program (WIC) provides nutrition education and nutritious foods to help keep pregnant women, new mothers, infants and preschool children healthy and strong. You can call the local [WIC agency](#) closest to where you live or call the State WIC Agency at 1-800-942-4321; OR You can now use an online WIC Pre-screening Tool to see if you are eligible for WIC services. The Tool asks several questions about residential and income eligibility for WIC services. Visit the USDA's WIC Program at www.fns.usda.gov/wic and click on the "Am I Eligible?" banner on the page.



Want to buy a home or a car, further your education or grow your small business?

Could you save just \$25 a week for that goal?

Individual Development Accounts (IDA) are special savings accounts for working parents like you.
For every \$1 you save, you can get \$3.

Call (800) 432-4110 today and get started!

www.communityloanfund.org/savingsforparents



Spark NH provides leadership to promote a comprehensive, coordinated and sustainable early childhood system to improve the lives of young children and their families.

Find out about Spark NH, New Hampshire's Early Childhood Advisory Council at:
<http://www.sparknh.org>

Are You Connected to Your Family Resource Center?

Family Resource Centers are available throughout New Hampshire. Family Resource Centers offer programs and workshops on subjects of interest today's parent and caregiver. Most programs are also FREE of Charge.

To find a Family Resource Center near you visit
<http://www.nhchildrenstrust.org/find-a-family-support-program-near-you>



15

vroom

Brain building moments

The Brain Story

There is no time in life when the brain develops more rapidly than during the first five years. Here's a glimpse at all that's taking place inside your baby's brain!



A Brand New Brain

Every baby is born with a brain that contains billions of neurons.



Ready For Anything

From day one, those neurons connect and the brain begins to get wired for life.



Learning Like Lightning

The brain is wired to grow. In the first five years, it makes 700 neural connections every single second!



Communication Is Key

Above all, there's one thing that helps young brains grow strong—adult-child relationships.



Hi, Baby

Even kids who can't yet talk are looking, listening, and relating to you non-stop.



You Are A Brain Builder

Every time you interact with a child you're doing something major—shaping a growing mind.



Nurture Future Greatness

The first five years are when the brain builds its foundation so kids can thrive as adults.



Vroom!

We know this for sure: learning doesn't start at school, it begins at birth.



It Begins With You

Visit joinvroom.org to learn how you can be a brain builder.

joinvroom.org