

Children: The Bedrock of the Granite State



The Bedrock of the Granite State

The future prosperity of New Hampshire depends on our ability to steward the next generation who will live, work, and lead in our state.



What develops?



The Brain's Architecture

Like a house, the brain is built **from the bottom up**. Early experiences set the **foundation** for the architecture of the maturing brain, establishing a sturdy or fragile base for all the development that follows.

Three Core Concepts in Early Development

1 Experiences Build Brain Architecture

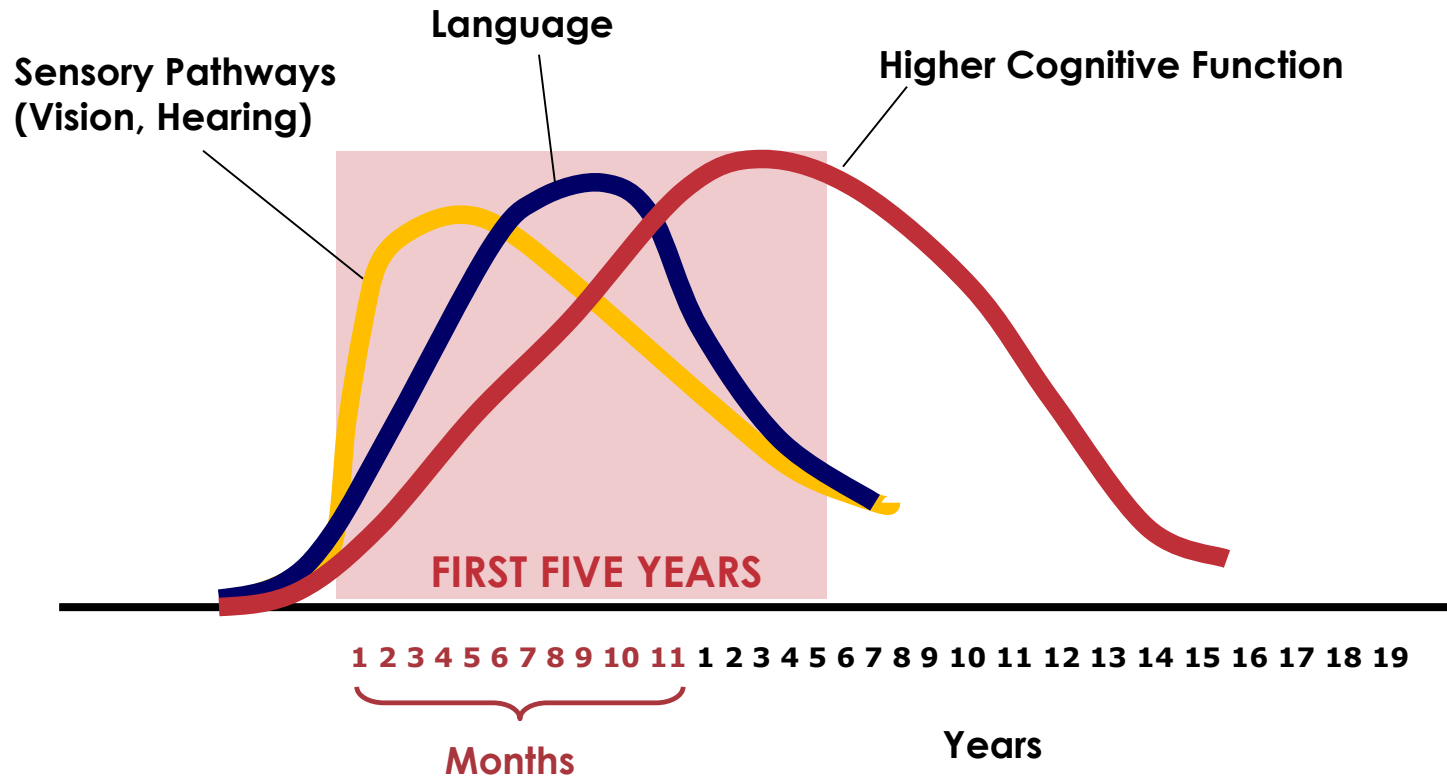
NATIONAL SCIENTIFIC COUNCIL ON THE DEVELOPING CHILD

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Center on the Developing Child

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Source: C.A. Nelson (2000)

How does development happen?



Serve and Return Relationships

Strong brain architecture is formed by the “**serve and return**” relationships children have with supportive adults. When children reach out for connections and communications, and adults reciprocate, this **back-and-forth process wires the brain** with the connections needed for healthy brain architecture.

Three Core Concepts in Early Development

2 Serve & Return Interaction Shapes Brain Circuitry

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What derails development?



Toxic Stress

Unlike mild, short-lived stress that can be good for growth, certain types of stress can weaken the brain's architecture. Experiences such as exposure to violence can cause **toxic stress responses** in the brain, with lifelong consequences in health, learning and behavior.

Supportive adults can buffer toxic stress, however, reducing or preventing its effects.

Three Core Concepts in Early Development

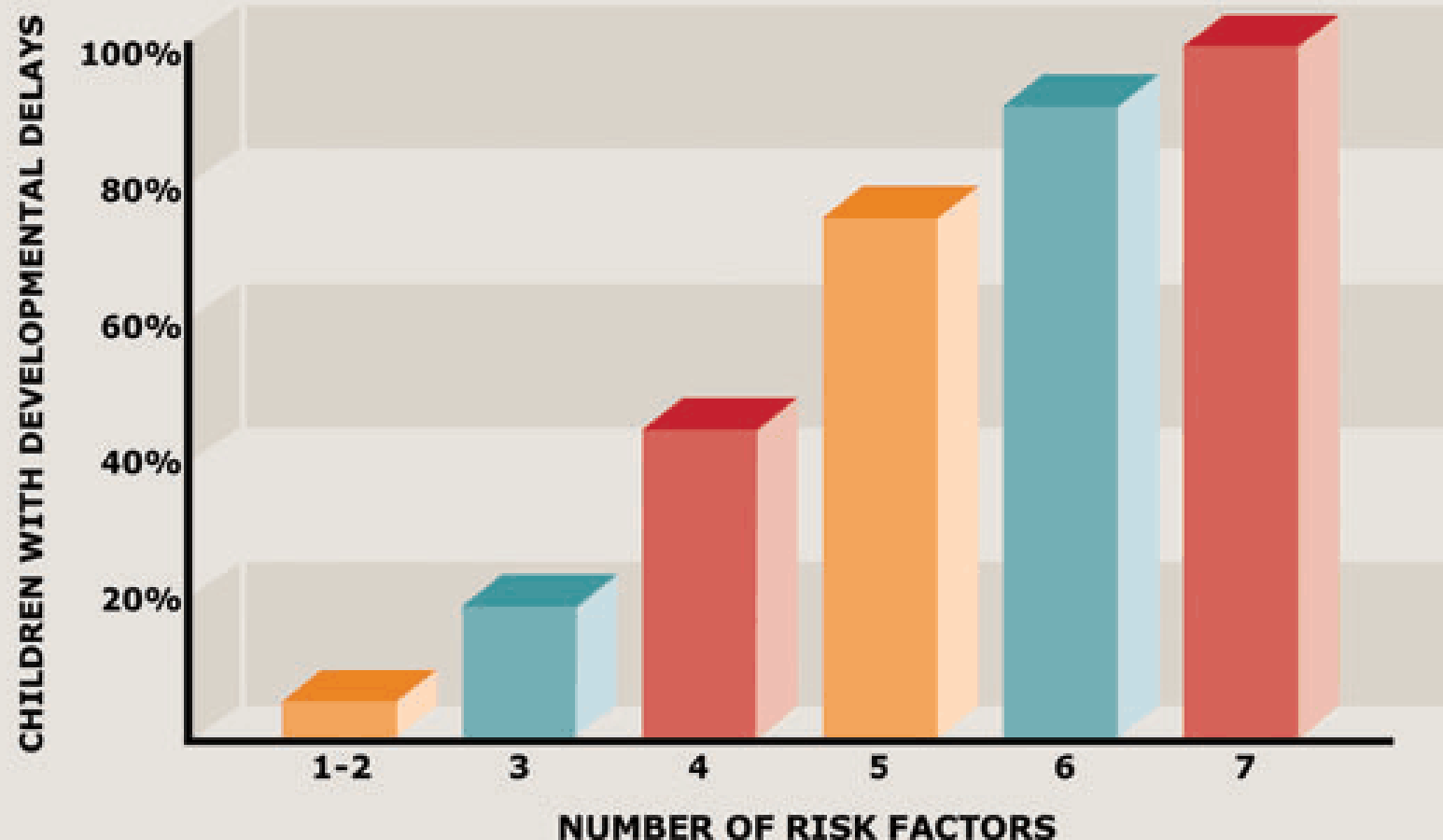
3 Toxic Stress Derails Healthy Development

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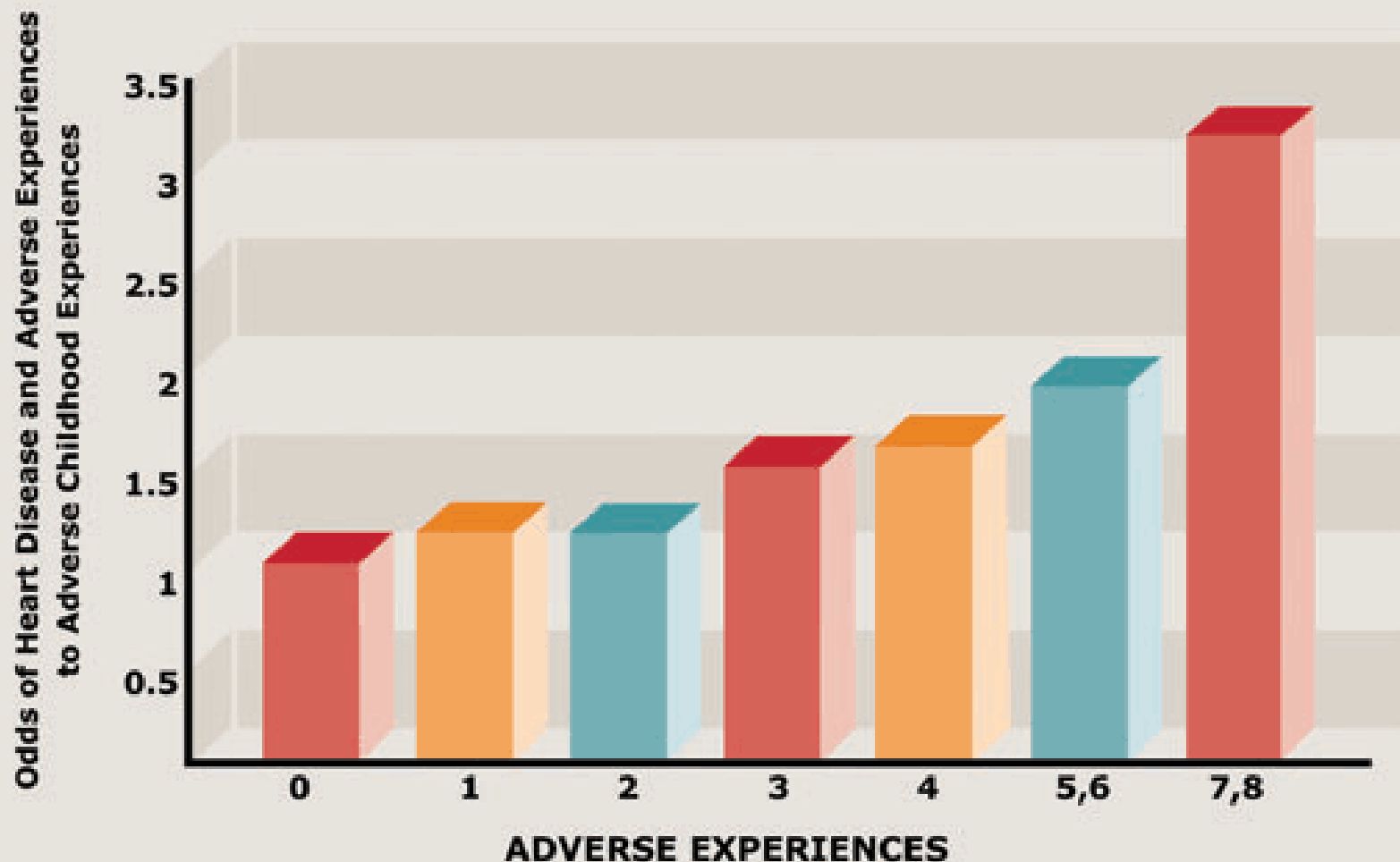
90-100

90-100% CHANCE OF
DEVELOPMENTAL DELAYS
WHEN CHILDREN EXPERIENCE 6-7 RISK FACTORS

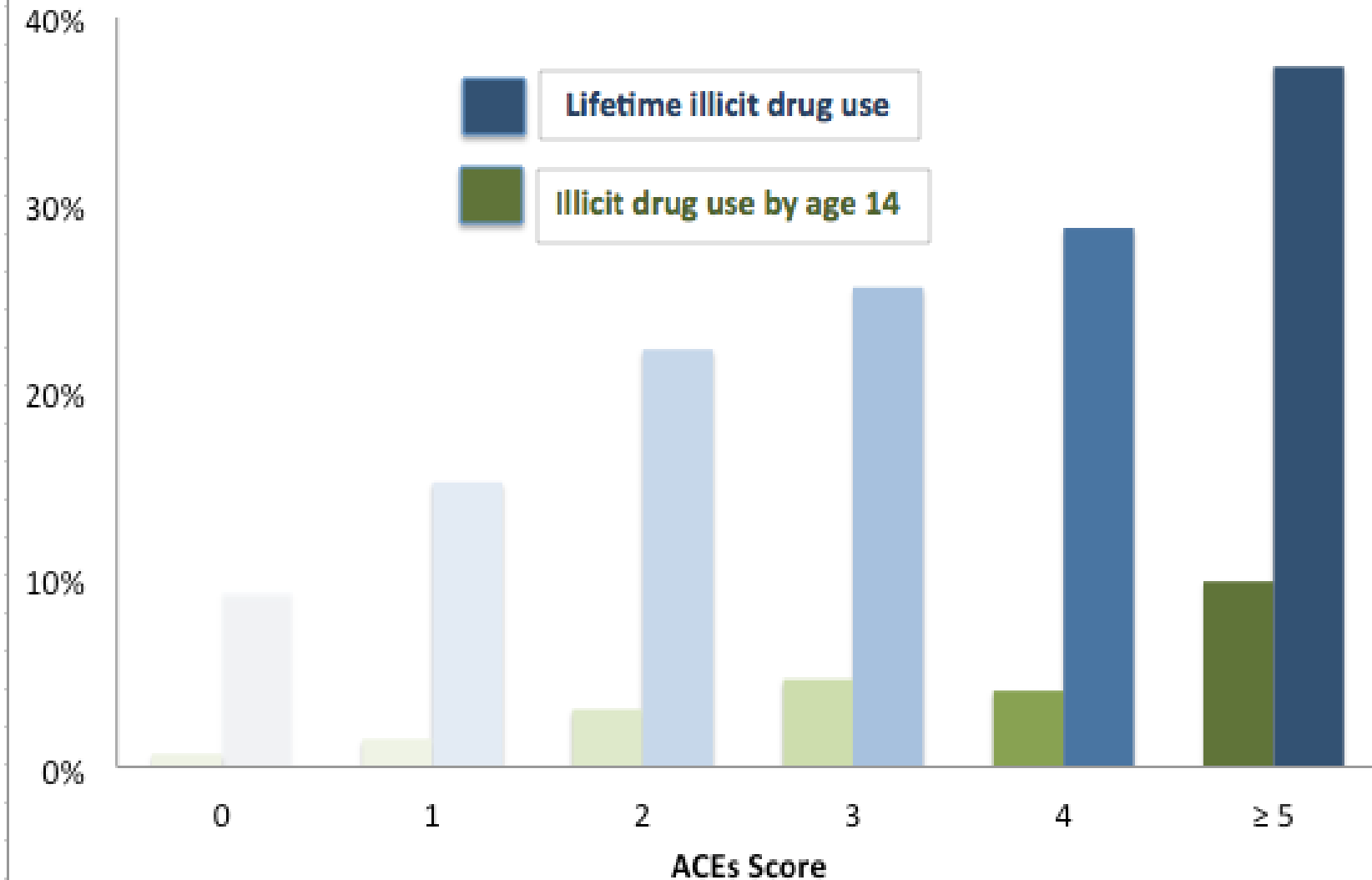


3:1

3:1 ODDS OF ADULT HEART DISEASE AFTER 7-8 ADVERSE CHILDHOOD EXPERIENCES



Prevalence of illicit drug use by ACEs score



Childhood Abuse, Neglect, and Household Dysfunction and the Risk of Illicit Drug Use: The Adverse Childhood Experiences Study
Shanta R. Dube, Vincent J. Felitti, Maxia Dong, Daniel P. Chapman, Wayne H. Giles, Robert F. Anda
Pediatrics Mar 2003, 111 (3) 564-572

What's the solution?



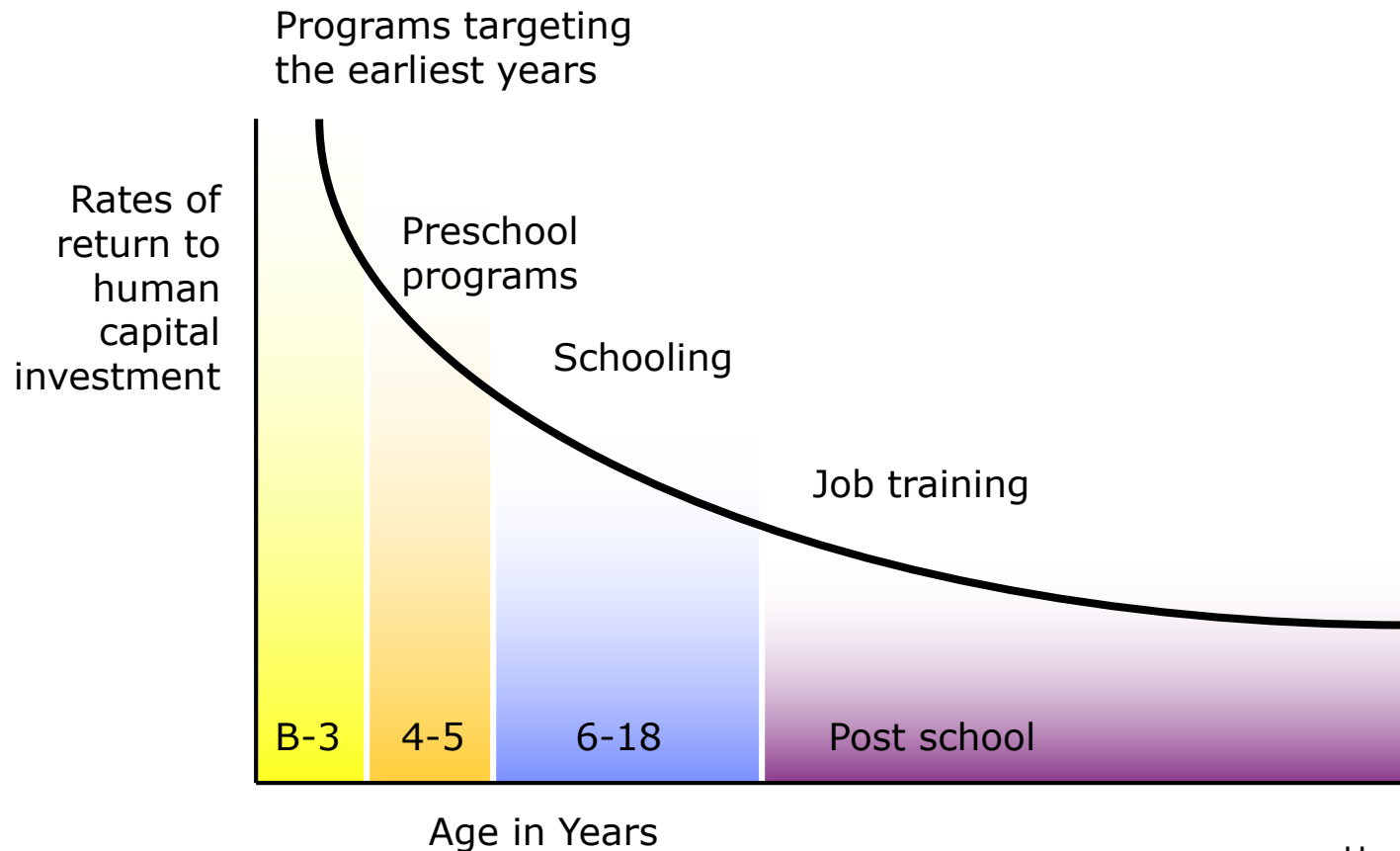
Innovation in the Early Years

We need to create a system that:

- Builds strong foundations for healthy development
- Invests in early experiences that maximize serve and return interactions and reduce toxic stress

The Earlier the Investment, the Greater the Return → (7-10%)

Returns to a Unit Dollar Invested

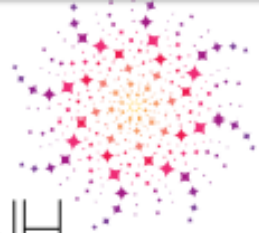


The Spark NH *Framework for Action* represents policy priorities for New Hampshire's Young Children and Families.

A Framework for Action for New Hampshire's Young Children

Spark NH is the Governor-appointed Early Childhood Advisory Council for the State of New Hampshire. These ten recommended actions for New Hampshire's youngest children are the path to realizing its vision:

SparkNH
Early Childhood Advisory Council



All New Hampshire children and their families are healthy, learning, and thriving now and in the future.

Healthy Children and Families

Goal: Children and families throughout our state have the best opportunities for early and life-long health.

- ✓ Ensure access to affordable health care for families.
- ✓ Strengthen New Hampshire's capacity to promote healthy social emotional development of infants, toddlers, other young children and their families and to provide mental health services and supports.
- ✓ Develop/Expand community-based programs targeting sources of toxic stress, such as violence, crime, abuse, neglect, extreme poverty, substance abuse and severe caregiver mental illness, and ensure effective treatment for those who need it.

Positive Early Learning Experiences

Goal: Effective learning opportunities are provided in all settings including the home, child care and afterschool programs, preschools and elementary schools from birth through the primary grades.

- ✓ Expand access to proven and effective early childhood education for all infants, toddlers and other young children through grade three.
- ✓ Increase opportunities for learning outside of the school day, including summer.
- ✓ Ensure all children are screened for developmental concerns and receive the services needed to promote their optimal development.

Strong Families

Goal: Families have the skills, basic resources, and supports to promote their children's development and learning starting before birth and continuing through the primary grades.

- ✓ Ensure housing and energy assistance to low-income families.
- ✓ Expand access to proven and effective home visiting and family support programs.
- ✓ Ensure hard work pays by raising the minimum wage, supporting parents' job readiness and expanding access to higher education.

A Coordinated Early Childhood System

Goal: New Hampshire's young children and their families have the benefit of well-coordinated early childhood programs and services that work effectively together on their behalf.

- ✓ Establish an integrated, cross-agency statewide early childhood data system to improve program effectiveness and child and family outcomes.

A message from **today's** leaders about **tomorrow's** leaders:

Four Actions New Hampshire Leaders Can Take



- ✓ Spread the Word
- ✓ Connect to Spark NH
www.sparknh.org
- ✓ Take a Stand
- ✓ Support and Spur Innovation

Our Pledge

To New Hampshire Children



We believe children are the bedrock of the Granite State.

We know that the future prosperity of New Hampshire depends on our ability to steward the next generation who will live, work, and lead in our state. **We understand** that effective public and private investments in young children and their families can ensure strong foundations for future growth.

We are committed to ensuring all New Hampshire children and their families are healthy, learning, and thriving now and in the future. **We pledge** to take action by connecting to Spark NH, taking a stand, spreading the word, and/or supporting innovation in our communities.

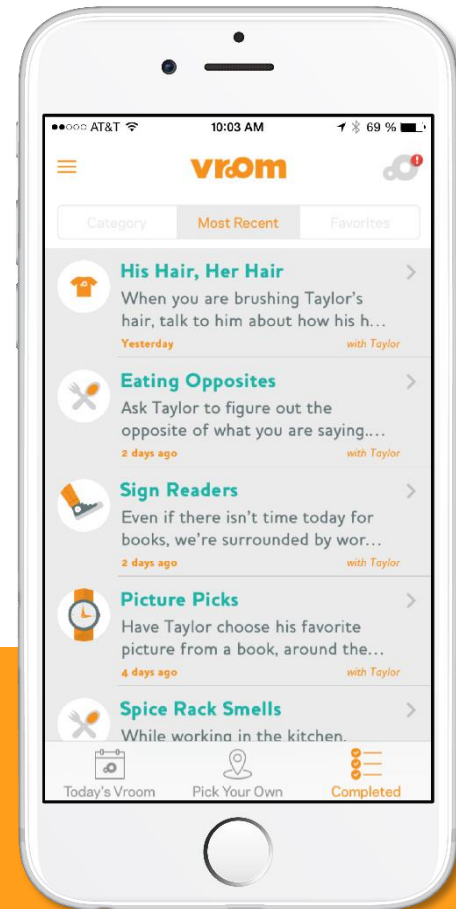
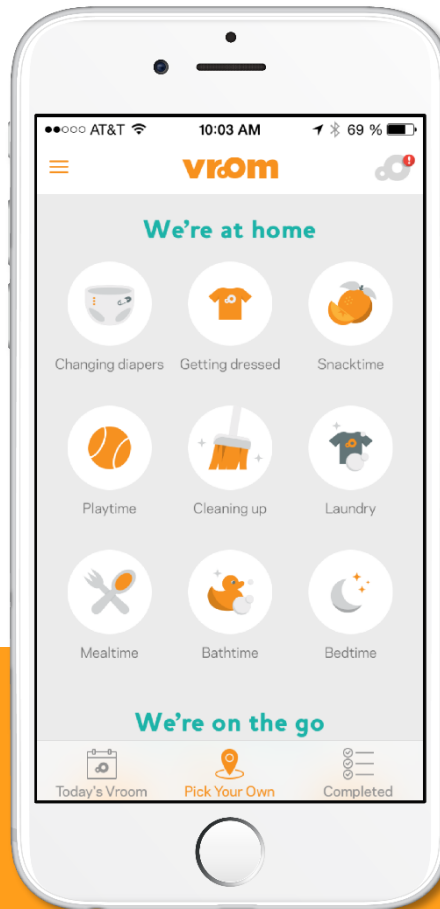
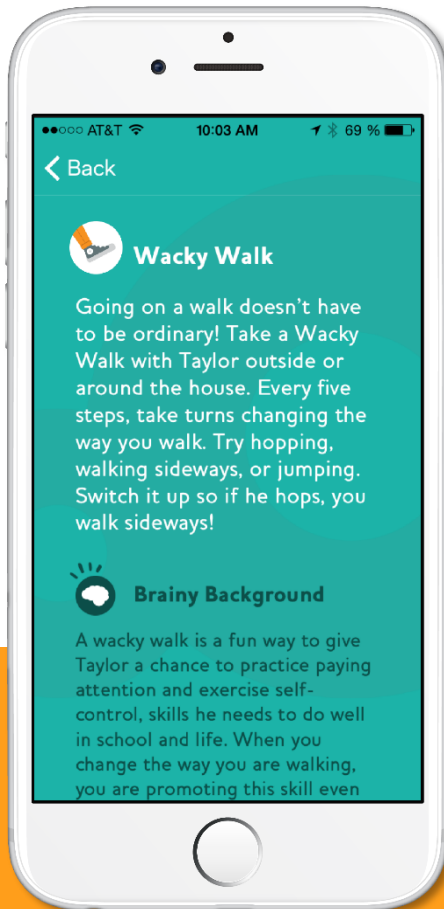


vrom turns shared moments into brain building 🛠️ moments. Whether it's 🍴 mealtime, 🛀 bathtime, or anytime in between, there are always ways to nurture our children's growing minds.



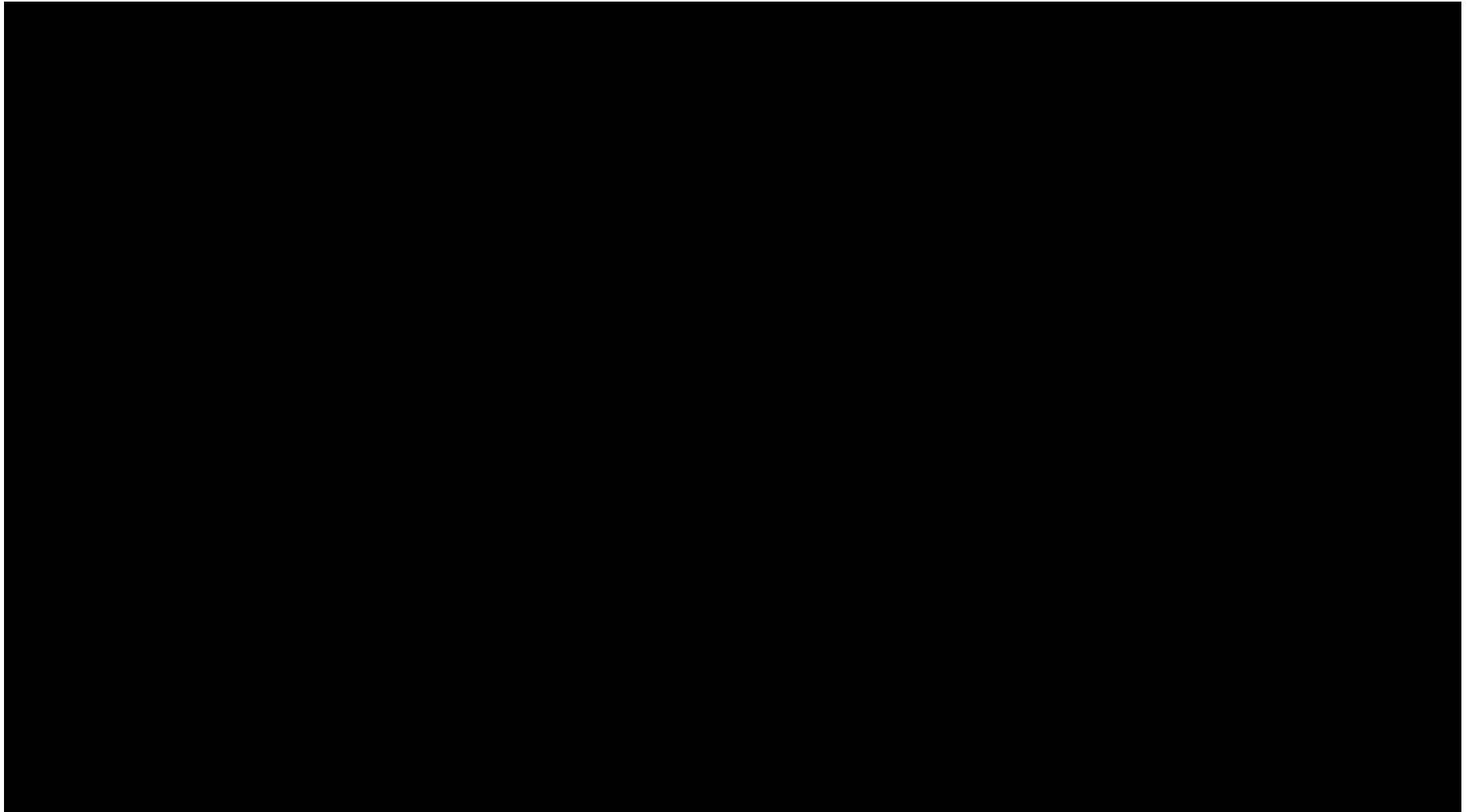
Daily Vroom App

Daily Vroom enhances the things you already do
and helps spark new ideas!



joinvroom.org

Video: Change the First Five Years and You Change Everything



THANK YOU!

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