

C.H.E.F.[®] Early Childhood Programs Testimonials



"The *Healthy Beginnings* program is an excellent guide for exploring early development. It presents the facts of early brain development as they are currently understood in the field of neuroscience. A wonderful aspect of the guide is how it applies best caregiving practices to the developmental stages in order to support the neurological growth of young children."

—Kathryn Barnard, PhD, FAAN, Professor,
Family and Child Nursing,
University of Washington, Seattle, WA

"Finally, we have the training package we have all been looking for. The *Healthy Beginnings* program condenses a complex, difficult body of knowledge into a clear, concise, and teachable set of materials. We can now educate parents, educators, and the public about the importance of brain development and early childhood. Thank you, C.H.E.F.—your efforts will impact the lives of a great many children."

—Mike McDermott, President,
Little Folks Academy, College Place, WA

"Your very user-friendly *Healthy Beginnings* module is just the tool those of us working in the public health field needed to make the scientific knowledge around early brain development 'come to life' for practitioners and parents. It is a must for any toolkit designed to foster healthy early child development. Thank you!"

—Maxine Hayes, MD, MPH, Washington State
Health Officer, Department of Health, Olympia, WA



"The *Social Beginnings* program is a very handy guide for dealing with children's emotions. Teachers will find the material succinct and to the point. It is very practical."

—John Gottman, PhD, Professor Emeritus of
Psychology, University of Washington, Seattle, WA

"The *Social Beginnings* program is an excellent, well-researched, and well-designed training tool for child care providers and parents. As a child care health consultant working in early childhood settings, I've found it to be practical and easy to use. Thanks for the great resource!"

—Jan Gross, Public Health Consultant,
Healthy Kids Northwest, LLC, Seattle, WA

"The *Social Beginnings* curriculum is just what parents, teachers, and caregivers need in order to help very young children develop social competence. The curriculum is family- and educator-friendly and it values and respects children. *Social Beginnings* should be a vital part of any program for preschool-aged children."

—Susan Leschinski, Grantee Support Specialist,
Region X Head Start Quality Center,
Portland State University, Portland, OR



"Children are increasingly exposed to situations that are new, changing, and perplexing. The strategies outlined in the *Calming Ourselves in Stressful Moments* program will be useful to the teachers and caregivers of children. Knowing how to bring down their state of anxiety is the best insurance for children being able to cope with demands for change, which increase as they enter school and become adolescents."

—Kathryn Barnard, PhD, FAAN, Professor,
Family and Child Nursing,
University of Washington, Seattle, WA

These early childhood programs were created by Comprehensive Health Education Foundation (C.H.E.F.[®]), developer of the most widely used and widely respected prevention curricula in the U.S.



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