



**Heads Up Kentucky**  
Psychology Promotes Healthy Living

**What is Heads Up Kentucky?**

Heads Up Kentucky! is a collaboration of Psychology and Art that pairs consumer information about healthier living with commissioned public art. Over forty artistically transformed fiberglass "Heads" will be seen across Metro Louisville throughout the Summer, 2005. The Head Stands will serve as a display for consumer education information on the mind-body connection and psychological aspects of wellness, helping people learn how to live healthier lives. *Heads Up for Kids: Secrets of the Mind Body Connection* will bring health curriculum into the elementary schools this fall. The proceeds of the auction of the Heads will be split between the KPA Foundation and a consortium of visual arts education organizations.

**About the KPA Foundation**

The Kentucky Psychological Association Foundation seeks to improve the lives of Kentuckians through public education about psychology, supports psychological research, and provides scholarship to students in psychology at higher education institutions across the Commonwealth. Donations to KPAF are tax-deductible. For more information about KPA and the KPA Foundation, visit the web at [www.kpa.org](http://www.kpa.org)

**Kentucky Psychological Association Foundation**

120 Sears Avenue • Suite 202 • Louisville KY 40207  
502.894.0777 • [www.kpa.org](http://www.kpa.org)

**S P O N S O R S**

**HEAD HONCHOS**



**HEAD OF THE CLASS**



Seven Counties Services



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION

**HEADLINERS**

Allegra Print & Imaging - East  
James Graham Brown Cancer Center  
proud member of UofLHealthcare

Cralle Foundation

Titan Corporation

Wiltshire Pantry



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**Helping Your Young Child to Learn**



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Presented by  
**THE KENTUCKY PSYCHOLOGICAL  
ASSOCIATION FOUNDATION**

# Helping Your Young Child to Learn

Your time with your baby or toddler can make a big difference in how ready your child is for school. Parents, relatives, and teachers can have a big impact on success in early reading and math, and on how easily children make and get along with friends.

## **Creating a Positive Place for a Child to Learn**

A child learns best in a household that:

- Is quiet, organized, uncluttered, and low in stress and excess traffic.
- Is structured and emphasizes routines, such as regular times for meals and bedtimes.

## **Stimulation to Help Language Skills**

The time you spend with your child can actually change the way his or her brain develops.

You can promote reading skills by:

- Reading every day
- Talking about daily activities
- Naming objects in the store, in the car, and outdoors.
- Playing games that use reading skills.

**Talk early and talk often to improve later language skills, reading skills, and IQ.**

## **Stimulation for Math Success**

Children start learning math in early infancy!

Math and number concepts can be learned from everyday play:

- Activities that promote measurement and space and motor coordination
  - > Blocks and Legos®; buckets and sand play; puzzles
  - > “Hokey Pokey” and other songs that talk about direction, counting, or other math concepts
- Other playground activities like climbing.
- Activities that promote number rehearsal and pattern understanding:
  - > Stories and songs, real life tasks like cooking and putting away groceries, board games; computer games
- Early music training may make it easier for children to develop important skills used for learning difficult math ideas like fractions and proportions.

**Stimulation, Interaction and Social Development in Early Childhood**

Children who can control their behavior and emotions are more liked by peers and have more success in school.

Parents can promote self-control by:

- Letting your child know she or he is special and unique.
- Working with your child’s differences, not against them.
- Allowing your child to make some choices such as choosing clothes for school.

**Parents help children develop self-control through positive interactions.**

- Have fun together.
- Tell your child when he or she is doing a good job.

**Keep In Mind – Your Child Is Unique**

Every child differs in his or her reactions, interests, and how he or she learns. The ideal home environment and ways of making and keeping friends may also differ with each child. Children’s special qualities are the result of biology and early childhood experiences. Appreciating children’s differences will allow them to grow and develop at their own pace and in their own way.

**For more information:**

Heads Up Kentucky: [www.headsupkentucky.org](http://www.headsupkentucky.org)

The National Parenting Center: [www.tnpc.com](http://www.tnpc.com)

Parent soup: [www.parentsoup.com](http://www.parentsoup.com)

EduTopia: [www.glef.org/getstarted/parents.php](http://www.glef.org/getstarted/parents.php)

Zero to Three: [www.zerotothree.org](http://www.zerotothree.org)

The material provided in this brochure is based on scientific research by psychologists and other health care professionals. For references, contributor information, and additional reading on this topic, please go to the Heads Up Kentucky! website at [www.headsupkentucky.org](http://www.headsupkentucky.org).

