

Your Journey Together & Head Start

Alignment of the Resilience-Building Parenting Curriculum and the Head Start Performance Standards

What is *Your Journey Together*?

Your Journey Together (YJT) is a strength-based curriculum designed to promote the social and emotional health and resilience of vulnerable children and their families. The YJT curriculum focuses on empowering parents to promote safe, trusting and healing environments - all key elements of a trauma-sensitive program.

What is the Goal of YJT?

YJT provides parents (adults responsible for parenting young children) with the knowledge and skills that promote resilience, and helps family members better cope with life's challenges.



**NOW ALIGNED WITH THE MOST RECENT
HEAD START PERFORMANCE STANDARDS**

Select standards include:

- **1302.51 Parent activities to promote child learning and development**
 - b) A program must, at a minimum, offer opportunities for parents to participate in a research-based parenting curriculum.
- **1302.34 Parent and family engagement in education and child development services**
 - a) Center-based and family childcare programs must structure education and child development services to recognize parents' roles as children's lifelong educators, and to encourage parents to engage in their child's education.
- **1302.45 Child mental health and social and emotional well-being**
 - a) Wellness promotion. To promote a program-wide culture that promotes children's mental health, social and emotional well-being and overall health, a program must: provide supports for effective classroom management and positive learning environments; supportive teacher practices; and strategies for supporting children with challenging behaviors and other social, emotional and mental health concerns.

