



Nurturing the Brain
Risk and Resilience
Three Trainings for Early Childhood
Professionals and Community
Members

Module I Early Brain Development:

This module will explore the development of the brain in the context of early childhood mental health, with an emphasis on the development of emotional and behavioral self-regulation.

- ❖ Science of brain growth
- ❖ Early social and emotional development
- ❖ Windows of opportunity and critical periods for development

Module II Toxic Stress & Early Brain Development

In the previous module on early brain development, we learned how important a child's experiences are to the developing brain. Science is just beginning to understand the interconnection of mind and body - and how our thoughts, feelings, and experiences affect health, development, and general well-being. In this module, we will explore the concept of STRESS - what it is and how it affects the brain and the body - with a particular focus on babies, toddlers, and young children.

- ❖ Types of stress
- ❖ Body's response to stress
- ❖ Persistent stress and brain architecture
- ❖ Introduction and Brief overview of ACE's Study: Adverse Childhood Events

Module III Building Resilience through Early Relationships

In this module, we will explore how to build a young child's capacity to grow and thrive despite the difficulties and obstacles life presents. First we will discuss the concept of "resilience." And the personal characteristics that prepare a child for

success in school and in life. Then we will learn about the kind of relationships that help build those characteristics and how we can help children develop resiliency.

- ❖ Science of Resilience
- ❖ Predictors of Success
- ❖ Mutual Regulation Cycle