

## ONLINE LEARNING



### **Overview:**

Promotion of optimal early brain and child development is essential for the health and well-being of children. Each online learning module is designed to take about 60 to 90 minutes. Options for additional learning activities are provided.

### **Educational Objective:**

Each module is designed to explore a critical element of Early Brain and Child Development. The intent of each module is to:

- Provide a basic understanding of Early Brain and Child Development so that pediatricians, public health professionals, and other health care providers can use Early Brain and Child Development knowledge to create healthier life courses for their patients.

### **Presentation:**

- Introduction (2 minutes)
- Narrated slide presentation of core concepts (20 minutes)
- Guided questions to consider after viewing presentation (10 minutes)
- Evaluation, and Resources/Opportunities (5 minutes)

### **Materials:**

- Case Study with answers to guided questions (15 minutes)
- Video clip(s) (3-5 minutes)
- Online evaluation (3 minutes)

### **Resources for more information:**

- AAP Early Brain and Child Development Resource Library (includes additional presentations, policy statements, handouts, articles, and background on EBCD) available at [www.aap.org/ebcd](http://www.aap.org/ebcd)

- Center for the Developing Child. (n.d.) Five Numbers to Remember about Early Childhood Development. Boston, MA: Author. Retrieved from <https://developingchild.harvard.edu/resources/five-numbers-to-remember-about-early-childhood-development/#cps>
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## Video clips

- [Brain Hero video clip](#) from The Center on the Developing Child at Harvard University (3 minutes)  
Highlights how actions taken early in life can influence later outcomes for both the child and the community and why EBCD is so important.
- [Science in Seconds: Early Brain Development](#) from Alberta Family Wellness Initiative (4:35 minutes)  
Provides an overview of the critically sensitive periods in early brain development and the impact childhood life attachments can have on a person's long-term ability to manage stress and conflict.
- [Executive Function: Skills for Life and Learning](#) from The Center on the Developing Child at Harvard University (5:35 minutes)  
See how executive function supports individuals' ability to manage interactions and engage in learning.
- [Saving Brains, A Grand Challenge](#) from The Center on the Developing Child at Harvard University (9:12 minutes)  
Learn how to unlock the potential of brain development for a wider population during the early years.
- [Brain Builders](#) from The First Five Years Fund (3:19 minutes)  
Provides an introduction to how brain development occurs and the ecobiodevelopmental perspective.
- [Still Face Experiment](#) by Dr. Edward Tronick (2:49 minutes)  
Demonstrates of an experiment regarding the relationship between caregivers and infants.
- [How Early Life Experience is Written into DNA](#) from Ted Talks by Moshe Szyf (16:35)  
Describes of Michael Meaney's Mouse experiment and the implications for early brain and child development.





- [Brain Architecture](#) from The Center on the Developing Child at Harvard University (1:57 minutes)  
Offers a description of brain architecture and typical development.
- [Toxic Stress](#) from The Center on the Developing Child at Harvard University (1:52 minutes)  
Defines the impact of toxic stress of early brain and child development.
- [Resilience: The Biology of Stress & the Science of Hope](#) from KPJR Films. (2:12 minutes)  
Provides a broad overview of resilience using research from Dr. Jack Shonkoff and the Center for the Developing Child at Harvard University.
- [Building Adult Capabilities to Improve Child Outcomes: A Theory of Change](#) from The Center on the Developing Child at Harvard University. (5:19 minutes)  
Presents the theory of change for work to promote optimal outcomes for vulnerable children and families.
- [Medical Compliance Starts at Birth](#) from the Heckman Equation (2:00 min)  
Part of an advocacy kit for health services in early childhood, this video shares research to support the importance of comprehensive services for young children and their families.
- [Flint's Fight for America's Children](#) by Dr. Mona Hanna-Attisha from Ted Med (16:06 minutes)  
Shares the work of Dr. Hanna-Attisha and colleagues in Flint Michigan to support children and families in poverty during a community wide health crisis.

### Useful Websites:

- Act Early. Learn the Signs: <https://www.cdc.gov/ncbddd/actearly/index.html>
- Ready4K <https://ready4k.parentpowered.com/sign-up-parents.html>
- Vroom <https://www.vroom.org>
- Birth to Five, Watch Me Thrive: <https://www.acf.hhs.gov/ecd/child-health-development/watch-me-thrive>
- Text for Baby: <https://www.text4baby.org>
- Reach Out and Read: <http://www.reachoutandread.org>
- Too Small to Fail: <http://toosmall.org>
- Three Million Words: <https://tmwcenter.uchicago.edu>
- Bright Futures: <https://brightfutures.aap.org/Pages/default.aspx>
- Ready4K: <https://ready4k.parentpowered.com/sign-up-parents.html>
- ParentCorps: <https://med.nyu.edu/pophealth/divisions/cehd/parentcorps>
- Assuring Better Child Health & Development: <http://www.coloradoabcd.org>





- The Commonwealth Fund: <http://thecommonwealth.org>
- Community Care of North Carolina: <https://www.communitycarenc.org>
- First Five Years Fund: <https://www.ffyf.org/the-need/brain-development/>
- Child First: <http://www.childfirst.org>
- The Chicago Parent Program: <http://www.chicagoparentprogram.org>
- The Two-Generation Approach – Ascend at the Aspen Institute: <http://ascend.aspeninstitute.org/two-generation/what-is-2gen/>
- Delaware Help Me Grow: <http://dethrives.com/help-me-grow>
- Children’s Trust Fund: [http://www.ct.gov/ctf/guestaccount/registration\\_form.asp](http://www.ct.gov/ctf/guestaccount/registration_form.asp)
- Centering Pregnancy: <https://www.centeringhealthcare.org/what-we-do/centering-pregnancy>
- Healthy Steps: <https://www.healthysteps.org>
- Child Care Aware of America: <https://childcareaware.org>
- Nurse Family Partnership: <https://www.nursefamilypartnership.org>
- National Library of Medicine, Community Health Maps: <https://communityhealthmaps.nlm.nih.gov>

For additional sources for videos related to EBCD visit the AAP Early Brain and Child Development resource library at [www.aap.org/ebcd](http://www.aap.org/ebcd).

