Overview
Promotion of optimal early brain and child development is essential for the health and well-being of children. This online learning module is designed to take about 30 minutes. Options for additional learning activities are provided.

Educational Objective
This module covers the topic of toxic stress and why the environment matters. The intent of this module is to:

- Provide a basic understanding of toxic stress and why the environment matters when it comes to early brain and child development.
- Explore ways that pediatricians and other health care providers can promote a healthier life course for their patients by using what is known about toxic stress to help buffer children from the harmful effects of toxic stress.

Presentation:
- Introduction, background of person narrating presentation (2 minutes)
- Narrated slide presentation on toxic stress (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, articles, handouts, and background information on EBCD) - available at www.aap.org/ebcd
- Handouts for patients that may be printed and provided are available on the AAP EBCD web site at www.aap.org/ebcd under “family and caregiver resources”
- The 5 R’s of Early Literacy

Video clips (3 to 5 minutes)

- Science in Seconds: Children’s Mental Health from Alberta Family Wellness Initiative (3:16 minutes)

  Highlights how the quality of a child’s relationships helps to determine his or her ability to regulate stress throughout life.

- Science in Seconds: Epigentics from the Alberta Family Wellness Initiative (3.44 minutes)

  Looks at the complex interaction between experience and genetic predisposition and the creation of a child’s brain foundations.

For additional sources for videos related to toxic stress visit the AAP Early Brain and Child Development resource library at www.aap.org/ebcd.