natural resources

Early Brain Development Resources

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The Basics: A Strategy to Support Vibrant Learning and Brain Development Among Children from Birth-5

The Basics website houses a collection of resources to educate and empower caregivers about their role in healthy brain development. Materials are organized around five basic principles (e.g., maximize love, manage stress, explore through movement and play) which are summarized on a **printable one-pager** that can be posted in homes, classrooms, pediatrician offices, or anywhere else caregivers may find themselves. The **Parents and Caregivers** section features resources that are organized by age group (infants, toddlers, preschoolers). The **Community Toolkit** section has a searchable database of resources organized by language, age group, resource type, and other key terms. **https://thebasics.org/**

How Babies' Brains Develop

This short, engaging article provides an overview of key components of early brain development. **https://www.ednc.org/how-babies-brains-develop-adult-connection-care-trust-support-serve-return/**

Baby Brain Map

This interactive experience walks users through early brain development, offers examples of how brain development unfolds, and suggests ways to nurture early learning. Take a wander through this amazing resource from ZERO TO THREE. **https://www.zerotothree.org/resource/the-baby-brain-map-your-guide-to-early-brain-development/**

Better Understanding Early Brain Development

Hundreds of children are having their brain development tracked in early childhood, between six months and five years. Scientists at the University of Bristol will be looking at how children develop skills that support their learning, social development, language development, working memory etc. to be able to provide the best support for babies, toddlers, and young children. Learn a little about this research at **Better understanding infant brain development - R.I.S.E. Magazine** and learn even more at **The pioneering child development study monitoring babies' brains**

Cognitive Development: How to Support Thinking and Learning

Children develop cognitive skills by exploring the world. Their ability to think, reason, and solve problems increases as they integrate learning across the developmental domains. This article highlights ways in which caregivers who understand cause and effect, imitation, spatial awareness, and other key concepts can help children to build neural connections and develop complex thinking skills. Learn more at **https://www.communityplaythings.com/resources/articles/cognitive-development-thinking-and-learning**

Brain Wiring in Early Childhood Could Hold the Key to Flagging Future ADHD Risk

A new study is shedding light on how the brain's wiring in early childhood lays the foundation for attention skills, a key step toward characterizing healthy developmental patterns that could help identify young children at risk for attention-related challenges like attention deficit hyperactivity disorder (ADHD). Read more at **Brain wiring in early childhood could hold key to flagging future ADHD risk, SFU study says - SFU News - Simon Fraser University**

Gumdrop: Help Build a Brain

Please take a minute to enjoy this 30 second gumdrop. **https://www.youtube.com/watch?v=MTeaLL5mg6M**

Natural Resources is a free, one-way listserv that is distributed monthly. Each issue features readily available and free resources on a specific topic related to children from birth through Grade 3 and their families. Resources available in Spanish are highlighted. Natural Resources is compiled and distributed by Camille Catlett. Past issues are archived at **https://scriptnc.fpg.unc.edu/natural-resources-monthly-newsletter** To subscribe or unsubscribe, suggest resources, or get more information, please contact Camille Catlett at **camille.catlett@unc.edu**