



# Brain Development

## 2-Day Fall Conference (12 total hours)

In collaboration with Vermont Birth to Three, Central Vermont Building Bright Futures, the Vermont Department of Health, and Washington County Mental Health

**Saturdays, September 12, 2015 and October 3, 2015**

**At Central VT Medical Center, Conference Rooms 1 & 2**

### **Day 1- September 12, 2015:**

#### **Movement and Brain Research: Pre-Schoolers and School-Agers (9AM-Noon)**

Participants will examine current brain research that links movement to academic performance, mood regulation, and wellness. Movement strategies will be introduced that can be used in a child care setting to enhance programming.

**CDA Areas: 2 & 3; Core Knowledge Area: Child Development; Advanced Specialized Care**

#### **The Effects of Malnutrition on Early Childhood Development (9AM-Noon)**

Hunger Free Vermont presents this workshop for members of the early care and education community which will open a discussion about this link between nutrition, hunger and the health, development, and learning of young children. In this workshop we will discuss the importance of quality nutrition for young children and identify key nutrients for healthy development and growth in early childhood. We will then explore the causes and effects of hunger and malnutrition in Vermont. Finally, we will discover ways that we, as community members and childcare providers, can address hunger in Vermont. Participants will receive practical information that they can use and share with families to reduce hunger and improve nutrition, as well as resources and tips for integrating meals and nutrition education into early childhood programs.

**CDA Areas: 1, 2 & 3; Core Knowledge Areas: Healthy and Safe Environments, Child Development; Advanced Specialized Care**

#### **The Effects of Gender and Sleep on Brain Development (1PM-4PM)**

Let's debunk bad science. The male vs. female brain "research" is filled with myths. Most of the differences in development are the result of nurture not nature. This presentation will examine the few innate differences in male and female brains then go on to look at how parents, peers and society influence the wiring of our most complex system. The program concludes by asking if "Rough and Tumble Play" belongs in childhood and offers time for action steps in addressing the blue brain.

The results of children not getting enough sleep are astonishing. Sleep deprivation can have serious effects on physical health and mental impairments. Inadequate rest impairs our ability to think, handle stress, maintain a healthy immune system and moderate our emotions. The loss of one hour of sleep for a child each night is equivalent to two years of cognitive maturation and development. In addition, sleep-deprived people fail to recall pleasant memories yet recall gloomy memories just fine. This presentation will review the facts about the importance of sleep and how to help children establish and maintain healthy sleep habits.

**CDA Areas: 2 & 3; Core knowledge Area: Child Development; Advanced Specialized Care**

## **Day 2- October 3, 2015:**

### **The Effects of Attachment on Brain Development (9AM-Noon)**

This training will begin with a basic overview of attachment theory as it has developed from its inception in the 1970's up through the present. The instructor will describe healthy/secure attachment in infants and toddlers, the three main categories of anxious attachment, as well as the formal diagnosis of Reactive Attachment Disorder in young children. Symptoms and red flags of attachment disturbance and strategies that early childhood professionals may use with these children will be shared. Further, examples will be provided of how to most sensitively respond to and support parents/caregivers of these high needs children, and provide guidance as to when to refer children for professional consultation.

**CDA Areas: 3 & 8; Core Knowledge Area: Child Development; Advanced Specialized Care**

### **Putting it all Together: Next Steps (1PM-4PM)**

3 hours will be broken down into: Review, Sharing, Integration and Action Steps

- 1) Review and sharing of major themes from previous presentations in this series.
- 2) Participants will work individually and in small groups using an expressive arts exploration to bring these elements, and their own knowledge together.
- 3) Larger group brainstorm around how these elements can be used to further relationship and trust building with clients, to set treatment goals and for providers own self-care
- 4) Individuals will set personal goals for furthering this integration process and create actions steps, which they will take, as well as a copy of which will stay with workshop organizers to send back to participants for a reminder, in one month.

**CDA Areas: 1 & 6; Core Knowledge Areas: Healthy and Safe Environments,  
Professionalism and Program Management; Advanced Specialized Care**

**\*Lunch will be provided both days\***

**To register for this conference, please contact:**

**Claire Berry [claireb@fcwcvt.org](mailto:claireb@fcwcvt.org) or 262-3292 x123**

**~See agenda below~**