

A young girl with dark hair in a ponytail is shown in profile, looking upwards. Overlaid on her head is a glowing orange graphic of a brain with circuit-like patterns. A bright light source is visible behind her head, creating a lens flare effect.

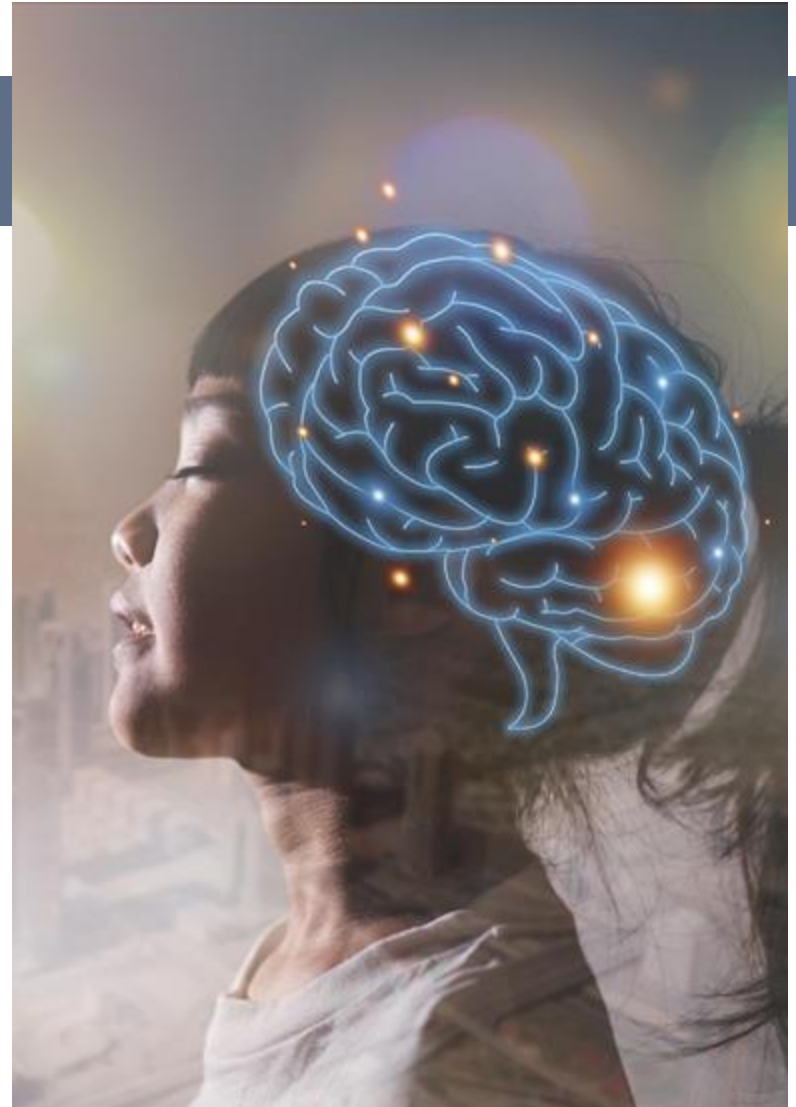
Let's Build Some Brains!

OCDEL Early Childhood Conference
March 24-26, 2024

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- ❑ Review core concepts from developmental science that focus on how the brain is built.
- ❑ Identify experiences that shape the structure of the brain for better or worse.
- ❑ Discuss the impact of early childhood experiences on outcomes across the lifespan.





Video

Title: How Brains are Built:
The Core Story of Brain Development

View at: <http://tinyurl.com/2tfds2ux>



THE **BRAIN** **ARCHITECTURE** GAME

<https://dev.thebrainarchitecturegame.com/>



Video

Title: The Science of Early Childhood &
The Brain Architecture Game Video

View at: [https://dev.thebrainarchitecturegame.com/
media-resources/](https://dev.thebrainarchitecturegame.com/media-resources/)

Reflection & Sharing

Reflect on the notes in your
Life Journal

- *which experiences strengthened*
- *which experiences weakened*

the architecture of your
developing brain?





The 5 R's of Healthy Brain Development



- 1. Relationships***
- 2. Responsive interactions***
- 3. Respect***
- 4. Routines***
- 5. Repetition***



Warm, loving, secure attachment relationships give children the foundation they need for healthy development.



ZERO TO THREE

Responsive Interactions



- **Caregiver follows the child's lead.**
- **Sensitive, back-and-forth interactions.**
- **Adult tunes in to the child.**

Respect



ZERO TO THREE



- **Treating all children as valuable individuals.**
- **Teach and guide, not punish and shame.**
- **Empathy.**
- **Understand misbehavior.**
- **Provide understanding and support.**

Routines



ZERO TO THREE



- **Safety and security.**
- **Calms bottom functions.**
- **Allows top functions.**



Repetition



Set realistic expectations based on brain development.



Be aware that the experiences we provide are building brain architecture.



Provide positive relationships and supportive, enriching environments.

