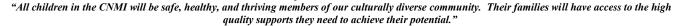


## Commonwealth of the Northern Mariana Islands Department of Community and Cultural Affairs

## Child Care and Development Fund (CCDF) Program

Caller Box 10007 Bldg. No. 1347/1344 Ascension Drive Capitol Hill, Saipan, MP 96950

Website: www.childcare.gov.mp
Vision for Children and Families:





## The Growing Brain: From Birth to 5 Years Old Training for Child Care Providers—Unit 1: The Basic and Unit 2: The Factors Affecting Brain Growth and Development

Decades of research indicate that the early years of life are a period of exponential brain development, characterized by great opportunity and vulnerability dependent on the child's relationships and environment.

The Growing Brain: From Birth to 5 Years Old is an innovative professional development opportunity that provides a toolkit of how the brain develops, along with ways to encourage healthy brain development in children from birth to five years old.

On January 20, 2024, 4 CCDF childcare providers from Northern Marianas International School successfully completed the first and second unit of the *Growing Brain: From Birth to 5 Years Old*.

The goal of *Unit 1–The Basics* is for participants to understand how the brain grows and develops from conception through 5 years old. Participants learned the names of different parts or regions of the brain and their functions; gained an understanding of how nerve cells communicate and connect; and learned about neuroplasticity and the role of early experiences in making connections between areas of the brain. *Unit 2–The Factors Affecting Brain Growth and Development* covers how stress can affect brain development and the strategies for supporting healthy brain development.

This training is available through CCDF's Science of Early Learning Initiative, also known as *CNMI Brain Builders*. It is made possible through funding from the Department of Health and Human Services, Office of Child Care, CNMI CCDF Program under the Department of Community and Cultural Affairs.



