



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:

"All children in the CNMI will be safe, healthy, and thriving members of our culturally diverse community. Their families will have access to the high quality supports they need to achieve their potential."



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.

