

# Teaching and Learning

## Under 2's - Understanding babies' brains



A child's brain begins to grow and develop before they are even born. During the first three years it will grow the most and by age three 90% of their brain will be developed. Play, love, care and responding to their cries and babbles will give a child the right kind of experiences to help their brain to grow well. Practitioners and parents having an awareness of this can really have an impact on what is practiced and implemented.

### **TASK 1**

Practitioners - It is important staff have a basis level of understanding of a baby's brain development.

Watch the 2 introductory videos included in the link - What do staff already know? What didn't they know? How important is their role? What part do they play?

[Everything you need to know about babies' brain development - BBC Tiny Happy People](#)

As a follow-on staff could complete this valuable free training available which provides a deeper dive into babies' brain development. This training could also be then reflected on together as a team and in individual supervisions to challenge understanding by leaders and managers.

[Early years child development training: Brain development and how children learn \(education.gov.uk\)](#)

## TASK 2

Parents - It is so important that parents have an awareness and understanding of how a babies brain develops and how they can support their child further by having knowledge of this.

Watch this video and discuss how it could be shared and communicated with parents to make an impact.

[Building babies' brains through play: Mini Parenting Master Class | UNICEF Parenting](#)

Below we have listed some useful links that you could share with parents.

[Building Babies' Brains - Parent-Infant Foundation \(parentinfantfoundation.org.uk\)](#)

[How you can help your baby's brain to build \(home-start.org.uk\)](#)

[Your baby's brain: How parents can support healthy development | Caring for kids \(cps.ca\)](#)

How might you do this?

Work with your team to think of creative ways to share the information with parents, as opposed to simply sending them the links. Here are some to get you started:

Notice board displays, discussion points for parent forums, virtual leaflets with supporting information, via introduction packs, during stay and plays...

What other resources can you find?