



Training Package for Parent Webinar “Supporting the Development of Your Child’s Brain Architecture – Part 1”

Outline and Objectives:

Supporting the Development of Children’s Brain Architecture

We encourage you to check out our other four webinars in this series! This Part 1 webinar (comprised of 2 videos) may also be viewed or presented on its own.

In Part 1 of this Mississippi Thrive webinar series we discuss the science of early brain development and the impact of early childhood experiences on lifelong outcomes.

It’s important to act early and help build healthy brains in the first years of life. You can support your children’s brain architecture and early development by being a brain builder and talking, reading, and singing together each day. After the presentation, talk with families about ways they can support their children’s development.

At the end of the “Supporting the Development of Children’s Brain Architecture” families will be able to:

1. Recognize the science and importance of young children’s early brain architecture.
2. Understand the importance of talking, reading, and singing with young children.

Session Handouts:

- [Brain Story Concepts: Learning Cards](#)
- [What are ACEs? And How do they Relate to Toxic Stress?](#)

Facilitator Steps for Family Activity Session:

1. Introduce the session using language from the Outline and Objectives section above.
2. Play Webinar Video
3. Pause the video after the “Serve and Return interactions shape brain architecture” slide. Ask families to share examples of “serve and return” interactions they have experienced with their own child, or “serve and return” interactions they have seen between their child and their child’s teacher.

4. Pause the video after the “How Brains are Built: Introducing the Brain Story” video and ask families to share anything that struck them during the video clip and any comments or reflections they may have.
5. After the entire Parent Webinar video has played, take a few minutes to answer questions parents may have or discuss any reflections and comments they would like to share.
6. Pass out session handouts.
7. Review the “Brain Story Concepts: Learning Cards” and show how each handout describes concepts shared during the webinar video (Brain Architecture, Toxic Stress, Air Traffic Control, Serve & Return, and Resilience). Ask parents to share any reflections or questions they may have about the content of the handouts.
8. Look at the “What are ACEs” handout and talk about ways toxic stress can affect both parents and children. Ask for ideas on how families and communities can work together to reduce the effects of ACEs and Toxic Stress.
9. Close session and inform families of the topic and date for the next Parent Webinar and Family Activity Session.

Facilitators / Teachers:

- During your regular staff meetings, discuss how your childcare center team may use this information to support children and families.

Training Tips and Lessons Learned:

- Be prepared with examples of “Serve & Return” interactions and your own thoughts and reflections on the “How Brains are Built: Introducing the Brain Story” clip, the “Brain Story Concepts: Learning Cards”, and the “What are ACEs” handout, in case you need to break the ice and kick off the discussion of these topics with families.
- Be sensitive to families’ experiences and challenges, and ready to follow up with linking families to support services, if needed. Tell them about Part 5 in this Parent Webinar series, “Resources and Supports” a short, 4-minute video which details resources available for families. Help families find the “Resources” section of the [Mississippi Thrive! website](#) which shares various links/resources that are available for free. Find several resource maps by clicking on the “Resources by County” link at the top of our [Mississippi Thrive homepage](#). Show families how to navigate each map to find the resources they are looking for.
- Encourage families to talk with their child’s health care provider about stress and to be linked to supports through their health care provider.