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**The Urban League of Hudson County Inc. Presents**

**Zero to Three: The Growing Brain from Birth to Five Years**



 <https://ulohc-org.zoom.us/j/91883723341?pwd=MGo4c3VuRmFHbnVPL3ROc0JDTTdydz09>

**A Training Curriculum for Early Childhood Professionals**

**December 2022 – June 2023**

**7 - Saturday Virtual Workshops**

**We encourage participants to attend all 7 sessions.**

**Workshop Sessions**

**Please Register on NJCCIS.com**

**Session 1:** **The Basics – Unit 1**– **Saturday December 3, 2022 – 9:00am-1:00pm**–

**Class ID:** **103213**  **Event ID: 131813**

The discussion will focus on how the brain grows and develops from conception to five years old and describe the main parts of the brain and their functions, as well as explore how providers can support healthy brain development in early childhood when the brain is the most plastic, or receptive to change.

**Session 2: The Factors Affecting Brain Growth and Development Unit 2** - **Saturday January 7, 2023 – 9:00am-1:00pm** –

**Class ID: 102782**  **Event ID: 133265**

We will focus on how varied factors can promote or inhibit healthy brain development. Ages Birth to 5 years

**Session 3:** **Communication and Language Development Unit 3** - **Saturday February 4, 2023 -** **Class ID:** **102783**  **Event ID: 131815**

We will focus on receptive language- the ability to understand language heard or read – because until 3 years old, children understand far more than they can say. Ages Birth to 5 years

**Session 4: Cognition** **and Executive Function Unit 4** - **Saturday March 4, 2023 - 9:00am-1:00pm -** **Class ID: 102784**  Event ID: 133266

Cognition starts at birth. Babies come into the world with a natural drive to learn about how the world works.  It is this intense curiosity that helps them develop the critical thinking skills necessary to be successful in school and in life.

**Session 5: Social - Emotional Development Unit 5 -** **Saturday – April 1, 2023 –**

**Class ID: 103214**  **Event ID: 131817**

Social – Emotional Development includes the child's experience, expression, and management of emotions, as well as the ability to establish positive and rewarding relationships with others. Please join us as we discuss ways to support children birth to five as they develop in this Domain.

**Session 6:** **Understanding Behavior Unit 6 -** **Saturday May 6, 2023 -** **9:00am** **- 1:00pm Class ID: 102785**  **Event ID: 131822**

Temperament is brain based. It is not something children choose, or parents create.  Research clearly shows that “differences in early childhood temperament – ranging from being extremely outgoing and adventurous to being painfully shy and easily upset by anything new or unusual – are grounded in one’s biological makeup” (National Scientific Council on the Developing Child, 2004, p.21

**Session 7: Everyday Play Unit 7**- **Saturday, June 3, 2023 - 9:00am-1:00pm** -**Class ID 102781**   **Event ID: 131823**

The following workshop session will focus on stages and types of play that unfold in early childhood, the role of the brain in this process, and how to maximize children’s learning through play.