

# THE GROWING BRAIN

ZERO TO THREE'S THE GROWING BRAIN IS A SEVEN-PART SERIES DESIGNED FOR EARLY CHILDHOOD PROFESSIONALS. IT OFFERS EVIDENCE-BASED STRATEGIES TO SUPPORT HEALTHY BRAIN DEVELOPMENT AND STRENGTHEN THE CONNECTIONS BABIES NEED FOR LIFELONG SUCCESS. PARTICIPANTS MAY REGISTER FOR THE FULL SERIES OR SELECT INDIVIDUAL SESSIONS. REGISTRATION IS AVAILABLE THROUGH NJCCIS. ALL 7 SESSIONS WILL BE VIA ZOOM.

**FEB. 26, 2026**  
6:00-9:00 PM  
ID 152586

## THE GROWING BRAIN: UNIT 1 THE BASICS OF BRAIN DEVELOPMENT

Unit 1 will focus on the basics of a young child's body and all that makes it! We will go into detail about how all of these systems work together so that you can better understand how to support children's overall development!

**MARCH 5, 2026**  
6:00-9:00 PM  
ID 152590

## THE GROWING BRAIN: UNIT 2 WHAT AFFECTS BRAIN DEVELOPMENT

Unit 2 will focus on different factors that affect a brain's ability to have healthy growth and development. These would include: controllable factors, environment, stressors, and relationships.

**MARCH 19, 2026**  
6:00-9:00 PM  
ID 152593

## THE GROWING BRAIN: UNIT 3 COMMUNICATION AND LANGUAGE DEVELOPMENT

Unit 3 focuses on different types of communication, language and literacy milestones, ways to support your learners, and the abilities of multi-language learners.

**APRIL 2, 2026**  
6:00-9:00 PM  
ID 152594

## THE GROWING BRAIN: UNIT 4 COGNITION & EXECUTIVE FUNCTION

Unit 4 focuses on various aspects of memory, cognitive development, types of thinking, and how that all ties into the brain's functions.

**APRIL 16, 2026**  
6:00-9:00 PM  
ID 152595

## THE GROWING BRAIN: UNIT 5 SOCIAL EMOTIONAL DEVELOPMENT

Understand how Social Emotional Development and empathy come to be, the value of relationships, attachment and empathy, and the effects of stress on a young mind.

**APRIL 30, 2026**  
6:00-9:00 PM  
ID 152596

## THE GROWING BRAIN: UNIT 6 UNDERSTANDING BEHAVIOR

Understand how the connections between different areas of the brain are expressed through behavior. Learn about the factors that influence behavior and various causes of challenging behaviors' and effective strategies to support children.

**MAY 14, 2026**  
6:00-9:00 PM  
ID 152597

## THE GROWING BRAIN: UNIT 7 PLAY

This unit will discuss the development of play and the differences between free and guided play. Learn about core skills that children develop through play and how to promote these skills.



**Child Care  
Resources**

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