

**Developing Brains-**  
**Ideas for Parenting and Education**  
**From the New Brain Science**  
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**Introduction to Using the Training Modules**

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Over the past several years, I've been doing workshops on topics that revolve around brain development. In an effort to give more support to the teaching staff in early childhood programs, I decided to try to turn some of these workshops into some "self-training" modules. These are best done in small groups of 3-5 people, but they can be used by individuals and larger groups.

The idea of each module is for teacher/caregivers to do some reading (or watch a video) from this web site on one of the topics and then apply the material to their own development, as well as to their teaching practices, environments, and curriculum with young children. I've provided guidelines for the applications.

The following are the topics of the training modules I have put together so far:

1. Brain Development Concepts and how these apply to Early Childhood Education
2. Self-Regulation: a critical ability.
3. Reducing Bias: Teachers of Young Children Create Safer Environments
4. Music for the Whole Child

If you decide to use one or more of these, I would love feedback on how useful it was. You can email me at [kathybobula@developingbrains.org](mailto:kathybobula@developingbrains.org)

