

Early On Center for Higher Education

Instructional Resource Alert

January 2018

[This is Your Brain Online: The Impact of Digital Technology - Webinars](http://earlyoncenter.org/resource.php?ID=258)

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A growing body of research from a variety of disciplines indicates that the widespread use of digital technology - including computers, the internet, video games and smartphones - has measurable, negative impact on the human brain especially for children under the age of 8. This webinar, hosted by EOT&TA, highlights much of this research and the effects of technology on infants and toddlers as well as the effects of distracted parents due to technology on infants and toddlers.

[Cognitive Learning Begins at Birth: Take Part in Infants and Toddlers' Brain Development](http://earlyoncenter.org/resource.php?ID=259)

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This November 2017 article, from CDA Council, features nine necessary skills professionals need to know in order to provide wholesome learning experiences for infants and toddlers cognitive development.

[How Caregivers Can Boost Young Brains](http://earlyoncenter.org/resource.php?ID=260)

(<http://earlyoncenter.org/resource.php?ID=260>)

Ordinary back-and-forth interactions between a caregiver and child — called "serve and return" — can shape brain architecture in powerful ways, creating a strong foundation for future learning. The article by Harvard GRE, provides five simple ways for parents, care providers, and early educators to practice these interactions.

[Eye Contact With Your Baby Helps Synchronize Your Brainwaves](http://earlyoncenter.org/resource.php?ID=261)

(<http://earlyoncenter.org/resource.php?ID=261>)

According to researchers at the University of Cambridge, making eye contact with an infant makes adults' and babies' brainwaves 'get in sync' with each other – which is likely to support communication and learning - read more...

[Trauma and Violence Landing Pad](http://earlyoncenter.org/resource.php?ID=262)

(<http://earlyoncenter.org/resource.php?ID=262>)

The Substance Abuse and Mental Health Sciences Administration (SAMHSA) as created a searchable landing page for parents and professional to learn about the impact of trauma on children and adults, how it can affect children's learning and development, and what evidence-based approaches exist for providing trauma-informed care.



[Emotional Development in Young Children and Infants - ZT3](http://earlyoncenter.org/resource.php?ID=263)

(<http://earlyoncenter.org/resource.php?ID=263>)

ZERO TO THREE and the Robert Wood Johnson Foundation sponsored a national survey of voters to acquire insight into their knowledge and opinions of emotional development in young children and infants. Some of the key findings from the survey (September 2017) are listed below:

- 96% believe it is important for society to support the healthy emotional development of children ages 3 and younger,
- 85% believe that a child's experiences in the first three years of life can manifest into mental health issues later in life,
- 95% feel that emotional goals are just as important as physical ones and both are essential to healthy development, and
- 73% agree that pediatricians should inform parents about the emotional development of children.

[Self-Regulation Briefs](http://earlyoncenter.org/resource.php?ID=264) (<http://earlyoncenter.org/resource.php?ID=264>)

Lead authors, Desiree Murray, FPG and Katie Rosanbalm, Duke Center for Child and Family Policy's, share a new series of user-friendly briefs that offer guidance about how to promote the development of children's self-regulation skills across setting and age groups.

