

# The Growing Brain: From Birth to 5 Years Old

*Professional Development for Early Childhood Professionals*

Decades of research indicate that the early years of life are a period of exponential brain development, characterized by great opportunity and vulnerability dependent on the child's relationships and environment.

*The Growing Brain: From Birth to 5 Years Old* is an innovative professional development opportunity that provides a toolkit of how the brain develops, along with ways you can encourage healthy brain development in children from birth to 5 years old.

Participants will develop skills and strategies to:

- understand the architecture and neurobiology of brain development
- support language, cognition, prosocial behavior, and social-emotional development
- reduce toxic stress that can negatively influence brain development of very young children

For more information, visit [www.zerotothree.org/growingbrain](http://www.zerotothree.org/growingbrain).



## Make Plans Today

- What** The Growing Brain: 0-5 Course
- When** On-Going [www.professionalparenting.ca](http://www.professionalparenting.ca)
- Where** Online – Live, synchronous, and interactive at your computer.
- A camera and microphone are required. Register for 2-7 units as needed.

## Hosted By



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**ZERO TO THREE**  
Early connections last a lifetime

*The Growing Brain: From Birth to 5 Years Old* is brought to you by ZERO TO THREE Professional Development and Workforce Innovations. PDWI aims to elevate the knowledge, skills, and abilities of the early childhood development field.

For additional professional development resources and trainings, visit [www.zerotothree.org/PDWI](http://www.zerotothree.org/PDWI).

