

The first years

Last Forever

Options for Using the Educational Package

The **First Years Last Forever** trainer materials have five sections:

- **Introduction:** including the Brain Quiz and 5-minute video clip of “10 Things Every Child Needs”
- **How the Brain Develops:** mini science lecture on brain development
- **Opportunities for Learning:** discussion on what children need to enhance brain development
- **What Parents, Grandparents & Caregivers Can Do:** strategies for parents, grandparents and caregivers to promote safety, reduced stress and enriching experiences (can include activity with actual books, toys, etc.)
- **What Communities Can Do:** discussion on programs and services available in the community to promote brain development in children

The entire program could easily take 90 minutes to two hours. The Extension Family Living Educator in your county may be willing to assist you in teaching and/or planning the program. Here are some options for using segments of the program.

Shorter Presentation: Use Brain Quiz in the section I Introduction to cover key points and then use sections IV and V to cover what parents, grandparents, caregivers and the community can do.

Shorter Presentation: Begin with section I Introduction and use sections II and III to discuss brain development and what children need to enhance brain development.

Guest Speaker: Begin with section I Introduction to cover key points and then have a resource person share how their program promotes brain development in children. For example: Director from a Birth to Three or Home Visiting program. You could share the trainer materials with the guest speaker and ask them to cover sections II. or III. on how the brain develops or opportunities for learning.

Self-Study Program: Obtain copies of either video (“Ten Things Every Child Needs” or “The First Years Last Forever”) and loan them out along with the Trainer and Program Materials. Clubs and/or individuals could borrow a video and program materials.

Incorporate into First Books Project: Obtain “7 Ways to Build Your Baby’s Brain Power” bookmarks to distribute with books. Include short segment on early childhood brain development into your First Books training (i.e. Brain Quiz and section III Opportunities for Learning).

Newsletters: Submit “Building Baby’s Brain...” pages from **The First Years Last Forever** program materials as single page factsheets for your HCE newsletter.