

Better Brains for Babies (BBB) in Kansas - How to Make Our Children Smarter!

A Curriculum Overview

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with Special Guest: Nora Rhoades

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Presentation Overview

- Past
 - Developed at University of Georgia, Diane Bales, et al.
 - Applied in Georgia and Tennessee
- Present
 - Currently approved for KDHE in-service hours for providers
 - Almost all Child and Family Development PFT members are approved trainers
- Future
 - Expand the reach in Kansas
 - Contribute to overall knowledge-base and evaluations



Better Brains for Babies

Mission and Vision

- **Vision:** *All children in BBB states will grow up in healthy, secure and enriching environments, to help ensure their social, emotional, academic and occupational success.*
- **Mission:** *To improve the potential of young children by promoting the use of early brain development research in everyday life experiences.*



A Unique Approach to Extension Programming

- Various delivery modalities
- Comprehensive materials (e.g. PPT, social media messaging, fact sheets)
- Approach parent education as “make your child smarter!”



Focus of BBB across Development Foundational Chapters

- **Chapter 1: Brain Anatomy**
- **Chapter 2: Brain development**
- **Chapter 3: Foundations for Learning**



Focus of BBB across Development Application Chapters

- **Chapter 4: Physical Well-Being**
- **Chapter 5: Attachment**
- **Chapter 6: Play**
- **Chapter 7: Consistency**
- **Chapter 8: Stress and Trauma**



Focus of BBB across Development

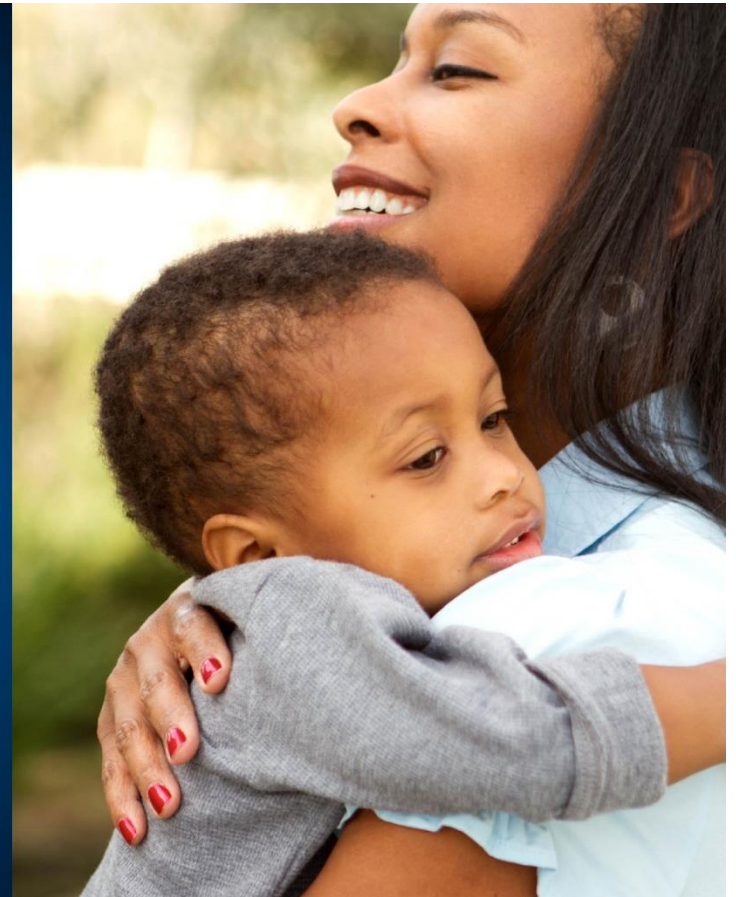
Key Message Chapter

- Chapter 9: includes **key messages** that summarize the importance of early brain development. The last few slides of Chapter 9 include information about Better Brains for Babies that may be of interest to your audiences.



Key Messages

- ▶ **Research on the brain is continually changing**
- ▶ **Healthy brain development is essential for children**
- ▶ **Children need:**
 - **Basic needs met**
 - **Good health**
 - **Positive interactions**
 - **Safe, secure environments**
 - **Opportunities to explore**



Key Messages (continued)



- **Ensure physical health, safety, and good nutrition**
- **Respond sensitively and consistently to children's needs**
- **Provide ongoing, enriching experiences**
- **Talk, sing, and read with children**
- **Create opportunities for play and exploration**
- **Repeat, repeat, repeat**

For Example – Children and Play

- Play versus education?
- Benefits of play
- There will be a quiz! 😊





...You can make a difference!



Play Builds Connections in the Brain

Through play, children can

- ▶ Explore new materials
- ▶ Experiment with cause and effect
- ▶ Reinforce and expand skills
- ▶ Practice decision-making
- ▶ Try out new roles



Play and Brain Development

Ages 0–2

- ▶ **Brain begins to develop sensory abilities**
- ▶ **Children become aware of their bodies and surroundings**
- ▶ **Play engages the senses and teaches cause and effect**



Play and Brain Development

Ages 2–3

- ▶ Brain continues to develop language and thinking skills
- ▶ Play increases vocabulary and develops hand/eye coordination
- ▶ Play enables children to make choices
- ▶ Initial understandings of emotions begin



Play and Brain Development

Ages 4–5

- ▶ **Fastest growth period for frontal lobe**
- ▶ **Processing, memory, and problem solving increase**
- ▶ **Play involves complex themes, creative expression, and active games**



What Children Need for Play

- ▶ **New experiences**
- ▶ **Space to explore**
- ▶ **Time to try new ideas and practice skills**
- ▶ **Support from adults**
- ▶ **Quiet time to consolidate new learning**



Play

Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood.

—Fred Rogers, “Mister Rogers’ Neighborhood”

...You can make a difference!



How to Use BBB in your community

- Workshop specifically on BBB
- Incorporating BBB slides into a presentation related to CD / Learning
- Online training with BBB information
- Using BBB in a conference presentation
- Print or online media
- Informal sharing
- Technical assistance visits / invites



KSRE Branded Resources

- [Basics](#)
- [Prime Times for Learning](#)
- [What Parents Can Do](#)
- [What Child Care Can Do](#)
- [Learning Language](#)
- [The Role of Music](#)



More KSRE Branded Resources

- [Is Breast Milk Best?](#)
- [What to Eat When You're Expecting](#)
- [Nurturing Positive Relations](#)
- [The Importance of Play](#)
- [Creating Consistency](#)
- [Buffering the Baby's Brain from Toxic Stress](#)



Better Brains for Babies Resources from UGA

- [Better Brains for Babies website](#)
 - [Videos](#)
 - [Webinars](#)
 - [Useful Resources](#)
 - [YouTube Channel](#)



Nora Rhoades

- How did you use BBB?
- Lessons Learned / Tips and Tricks?
- Plans moving forward?



Scheduling Trainings

- Please contact me at bwiles@ksu.edu for train the trainer requests in your communities
- Will co-facilitate presentations with you in your communities*
- KDHE in-service hours available for Child Care Providers in Kansas



Activity

- Form into groups based on your location
- Total of 5 minutes
- [Longest List – Play Edition](#)



The Longest List

- The object of this game is to work with your group to come up with the **longest list** for this topic. You have three minutes from my starting call.

Rules:

- All items on the list must be relevant to the topic. Questionable answers will be voted on by the group as a whole.
- Duplicate answers or very similar answers are not allowed. You can't list "tape" and "scotch tape" as separate answers. You can, however, list "scotch tape" and "masking tape" as separate answers because they likely have different purposes.
- The longest list wins!
- If there is a tie for the award, participants will vote on the most creative list to determine a winner.



Ready, Set, Go!

- Trash to Treasure ~ What recycled items can be made into high quality activities for children?



Example Topics

- Topic 1: Things children learn through Play
- Topic 2: What do children need for high quality play to occur?
- Topic 3: Trash to Treasure ~ What recycled items can be made into high quality activities for children?



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