



Training Instructions

ET 1: Early Childhood Brain Development, The First 1000 Days 1 Training Hours

LEARNING OBJECTIVES

- Explain the direct relationship of early childhood and a healthy society
- Describe the importance of the first 1000 days of a child's life
- Demonstrate what is meant by serve and return
- Explain what is meant by toxic stress
- Describe the impact of adverse childhood experiences
- Share information with families, friends, and colleagues about how each person can make a difference

MATERIALS

Training hours will post to your Training Log after completing all steps (1 through 4) for this training. The completion date reflected on your Training Log will be the date you view the training video.

1. Training video:
 - a. *Early Childhood Brain Development, The First 1000 Days*
2. Handouts:
 - a. What You Will Learn
 - b. Checklist of Practice

INSTRUCTIONS

- Please note: there is nothing to submit to the Training Office. Your training log will automatically update upon viewing the training video. If you have any questions, please contact the IdahoSTARS Training Office by dialing 2-1-1 or 1-800-926-2588 (the Idaho CareLine).

Step 1: Review Training Instructions

Step 2: Watch training video, *Early Childhood Brain Development, The First 1000 Days*, through your [provider account](#)

Step 3: Review the What You Will Learn training handout

- What information was familiar to you, or a reminder of what you already knew?
- Was any of the information brand new to you? If so, will you need to make any changes to your practice based on this information?

Step 4: Review Checklist of Practice training handout

Identify 2 items from the Checklist of Practices which you marked as “sometimes” or “not yet” which you would like to pay more attention to.

- Make a plan for how you can begin to implement those. Identify barriers to those practices and actions to address them.

Additional Training Information

IDAHO EARLY LEARNING EGUIDELINES

Multiple strategies in the Idaho Early Learning eGuidelines emphasize the importance of early childhood brain development. Practices include recognizing that development and learning are influenced by social and cultural contexts, and seeking medical or developmental expertise if concerned about a child’s learning and development. These are summarized in the [Guiding Principles](#) and Essential Practices of the [Idaho Early Learning eGuidelines](#).

ESSENTIAL TRAININGS

This training is one of the Essential Trainings developed or identified by IdahoSTARS to meet our goal of improving child care through professional development. The Essential Trainings are embedded in Steps to Quality (Idaho’s Quality Rating and Improvement System), and introduce the basics of child development, health & safety, relationships with families & communities, and supporting children with diverse abilities. Think of this training and all Essential Trainings as introductions to a broad subject. You can explore other IdahoSTARS trainings to deepen your knowledge.