1. How is development a continuum?
2. You brain is plastic when you’re young. What does that mean?
3. The three executive functions are inhibitory control, working memory and mental flexibility. Explain or give an example for each.

Inhibitory Control-

Working Memory-

Mental Flexibility-

1. Give examples of each:

Positive Stress-

Tolerable Stress-

Toxic Stress-

1. Why should children under 2 not have screen time?

**Brain Development Self-Assessment:**

**Will it Help or Harm Brain Development?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity/Practice** | **Help Brain Development?** | **Harm Brain Development?** | **Why?** |
| Primary caregivers |  |  |  |
| Turnover of staff |  |  |  |
| Responding quickly to cries |  |  |  |
| Scheduled feedings |  |  |  |
| Use of baby equipment like swings |  |  |  |
| Playing background music |  |  |  |
| Showing videos or educational TV |  |  |  |
| Reading the same book repeatedly |  |  |  |
| Reading different books |  |  |  |
| Singing the same songs over and over |  |  |  |
| Introducing new songs |  |  |  |
| Messy art activities |  |  |  |
| Limiting outside time |  |  |  |
| Early exposure to academics |  |  |  |