

Videos on Brain Functioning and Development in Children

Brain Architecture: This video demonstrates the important relationship between brain development and early childhood experiences. A growing body of evidence demonstrates that the things we experience in the first years of life affects how our brains are built.

<http://www.albertafamilywellness.org/resources/video/brain-architecture>

Serve and Return: This video describes the early interactions that promote healthy brain development. Positive experiences with parents and trusted caregivers help to build fundamental brain architecture in young children.

<http://www.albertafamilywellness.org/resources/video/serve-and-return>

Executive Function: This video discusses the importance of executive function, or the air traffic control system of the brain. Executive function encompasses the higher order operations that help us organize information and regulate our behaviour, including prioritizing, delaying gratification, planning ahead, coping with frustration, and following rules.

<http://www.albertafamilywellness.org/resources/video/executive-function>

Toxic Stress: This video explains how negative experiences in childhood can impose large costs on brain health and development later in life. Our bodies respond to stress through various physiological mechanisms, such as increasing heart rate and the release of certain hormones like adrenaline and cortisol.

<http://www.albertafamilywellness.org/resources/video/toxic-stress>