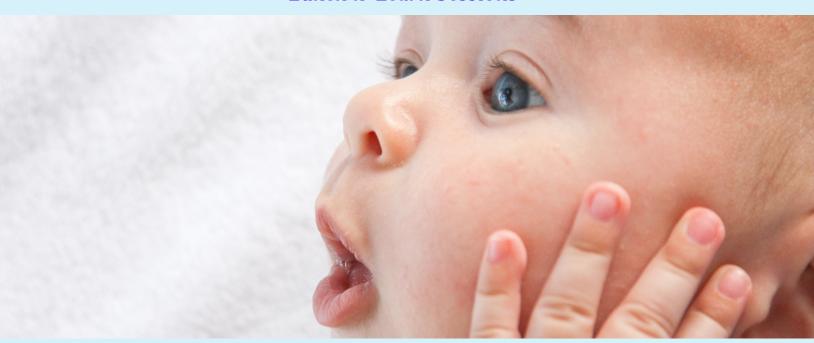
DECEMBER 8, 2020, 12-1:15PM

THE IMPACT OF TRAUMA ON EARLY BRAIN DEVELOPMENT

Intensive Family Coaching Project
Lunch n' Learn Sessions



WHAT IS MEANT BY "SERVE & RETURN"?

Back and forth interactions with an attentive adult help to form the building blocks for a baby's developing brain. These interactions are often referred to as "serve and return." This can occur with something as simple as responding to an infant's coo or with something more complex, such as following a child's lead with pretend play. If these interactions occur inconsistently -- or not at all -- a child's brain cannot develop appropriately.

Pick a resource or two from the list below to learn more about the impact of trauma on early brain development and the importance of "serve and return."



Quick Read: 5 Steps for Brain-Building Serve and Return (Center on the Developing Child) https://tinyurl.com/y5dhmda8

> Longer Read: A Guide to Toxic Stress (Center on the Developing Child) https://tinyurl.com/y37umo9p



The Science of Neglect (Center on the Developing Child) https://youtu.be/bF3j5UVCSCA

Coping with Early Adversity and Mitigating its Effects (Center for Advanced Studies in Child Welfare) https://youtu.be/eS13oNQNAOg



Serve & Return: Supporting the Foundation (The Brain Architects Podcast) https://tinyurl.com/y5vwcoqm





