

Module 3: Child Growth & Development

Handout 3

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			