

Practice Change Champions (PCC): “Brain Story in Action” Resource Packet

The following packet contains resources relevant to the Practice Change Champion Brain Story session virtually held on Tuesday, May 16, 2023. Hosted by Ottawa Child & Youth Initiative’s Infant & Early Childhood Mental Health-Education & Awareness Task Group

OCYI’s vision:

“Ensuring all children and youth in Ottawa can reach their full potential and grow up great”



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Introduction

The Infant and Early Childhood Mental Health (IECMH) Education and Awareness Task Group aims to create consistent messaging surrounding infant and early childhood mental health inclusive of prenatal and perinatal phases, family, the greater community, and culture. Primary areas of focus include:

- temperament;
- self-regulation;
- sense of agency;
- brain development;
- resiliency; and
- attachment.



This endeavour led to the establishment of Practice Change Champions (PCC). PCC is an initiative seeking to provide resources and education for professionals working with young children, their families, and communities, on promotion and prevention, to strengthen overall professional capacity, and build community awareness on the importance of mental health in the early years.

IECMH would like to thank you for participating in the Practice Change Champions attachment discussion group. We recognize and applaud your commitment to quality standards of practice within child focused sectors through your engagement in continuous professional development opportunities.

This resource has been prepared to support your practice and IECMH hopes to see you at our next event.

For more information on Practice Change Champions, please visit the [Ottawa Child & Youth Initiative website](#).



Resources for The Brain Story		
Title	Type of Learning	Cost
The Brain Story Certification- Alberta Family Wellness Initiative	30-hour module training, available in English and French	No
The Brain Story Overview	Short Video	n/a
How Brains are Built: The Core Story of Brain Development	Youtube video	n/a
InBrief: The Science of Neglect	Youtube video	n/a
The Brain Architecture Game	A fun game (materials are needed)	roughly \$5
Brain Activity Kit Pages (available below)	Brain Activity Kit for Children	n/a

Resources for Bethany Hope Centre	
Name of Entity	Details
Support for Pregnant Youth and Young Parent Families	Youtube video about the Bethany Hope Project
Bethany Hope Centre	The Salvation Army Bethany Hope Centre mission is to support, equip and empower adults, youth, and children in the Ottawa Region by building services, partnerships and faith-based community spirit with a primary focus on young parents and their children.

Local Services Supporting Caregiver Professionals	
Name of Entity	Details
211 CNEO	211/Community Navigation of Eastern Ontario provides information about community and social services.
Counselling Connect	Provides free mental health counselling through the phone or



	video call for all.
The Distress Centre of Ottawa	Provides immediate mental health support to individuals in immediate need of support or assistance.
Centre D'Appui et de Prévention (CAP)	Le CAP offers mental health services, addiction services, and other therapeutic services to francophone individuals and families in Ontario. Children and youth remain at the heart of their mission.
Ottawa-based Community and Health Resource Centres	The Community Health and Resource Centre supports the Ottawa community in locating the community centre within their residential neighbourhood.
Wabano Centre for Aboriginal Health	The Wabano Centre for Aboriginal Health offers support to the members of Ottawa's Indigenous community through the provision of healthcare, mental health programs, cultural events, classes, and other collaborations with local social service providers.
1Call1Click	1Call1Click.ca is here to help children, youth (0-21 years) and families connect with the right mental health and addiction services and care when they need it.

National Services Supporting Families	
Name of Entity	Details
Anxiety Canada	Anxiety Canada's mission is to reduce the barrier of anxiety so Canadians can live the life they want. Offering trusted resources and programs to help people better understand and manage anxiety—and find the relief they need.
Child Welfare League of Canada (CWLC)	A membership based charitable organization dedicated to promoting the safety and wellbeing of young people and their families, especially those who are vulnerable and marginalized.
Infant and Early Mental Health Promotion (IEMHP)	The IEMHP is an organization which improves outcomes across the lifespan through translating and promoting the science of early mental health into practice with families during pregnancy, infancy, and early childhood.
Psychology Canada, Strong Minds Strong Kids	Strong Minds Strong Kids, Psychology Canada is committed to promoting the mental well-being of children and youth in Canada through the promotion of resilience.

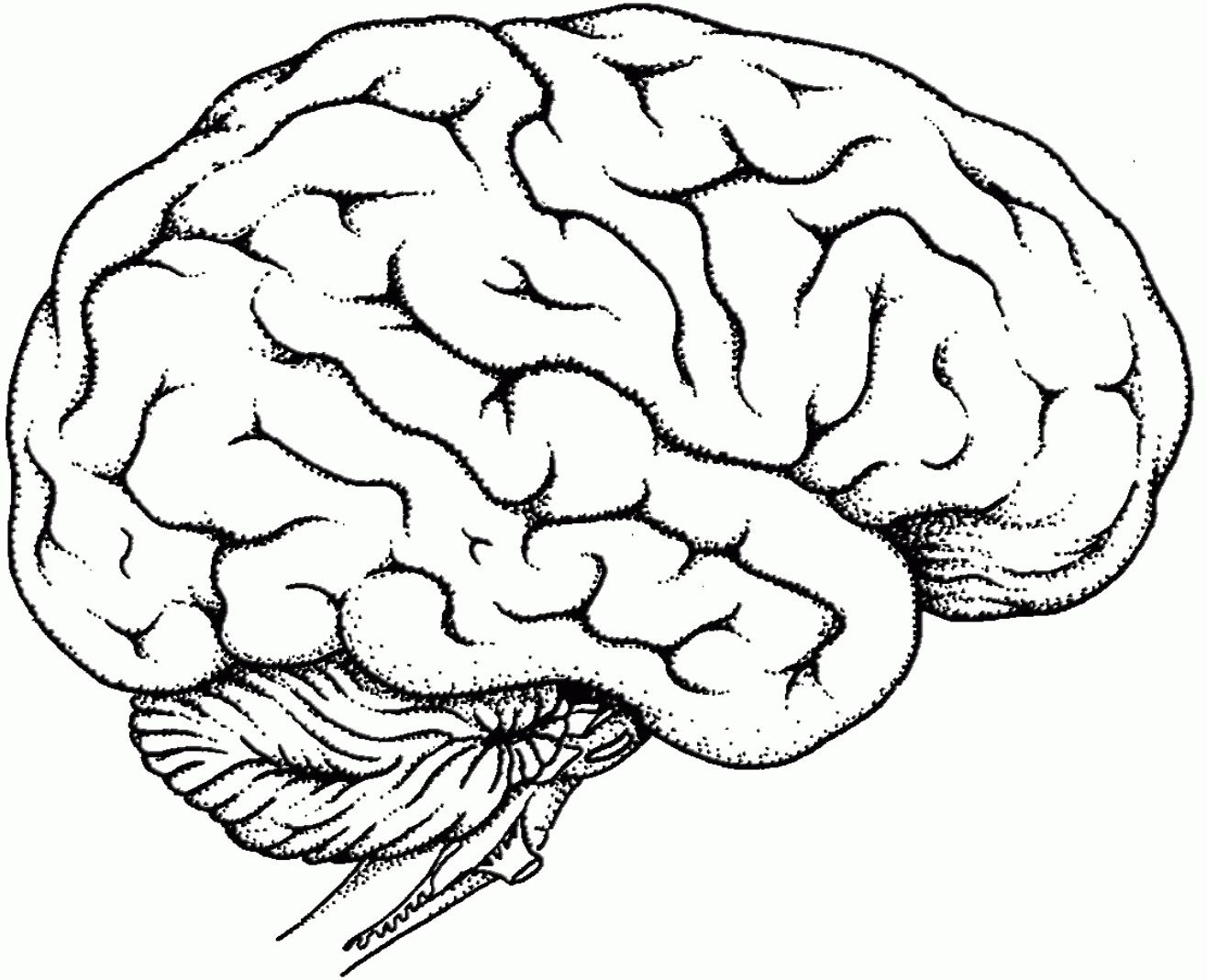


Public Health Agency of Canada: Social Determinants of Health	The social determinants of health influence the health of populations and include social support networks, education, healthy child development, culture, and others.
The Attachment Network of Manitoba	The Attachment Network of Manitoba provides information on caregiver/child attachment, research, resources, training and workshops.

Books		
Author(s) & Contributors	Title	Cost
Jean Clinton	Love Builds Brains	Under \$30
Daniel J. Siegel and Tina Payne Bryson	The Whole-brained Child	Under \$30



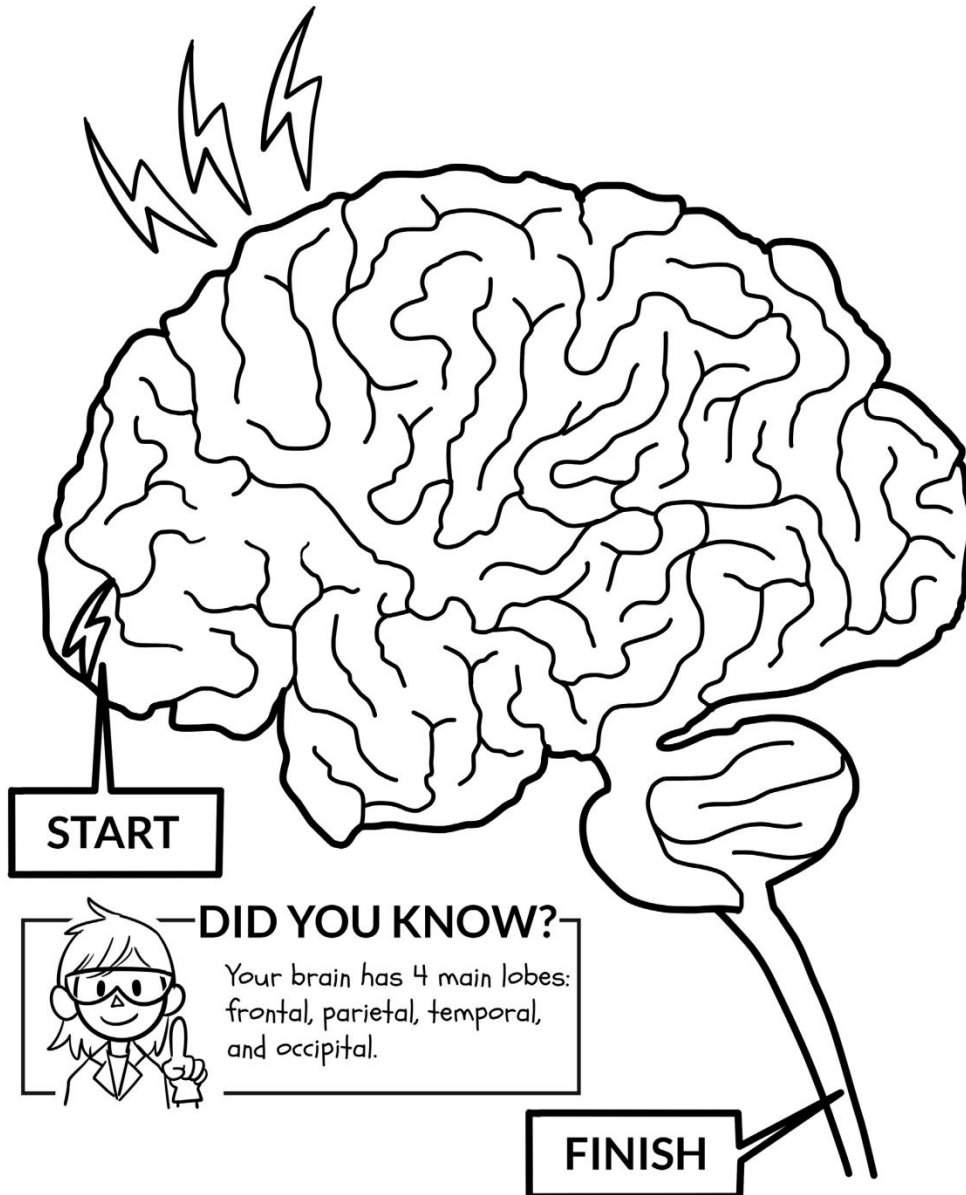
Brain Activity Kit





ELECTRICAL SIGNALS

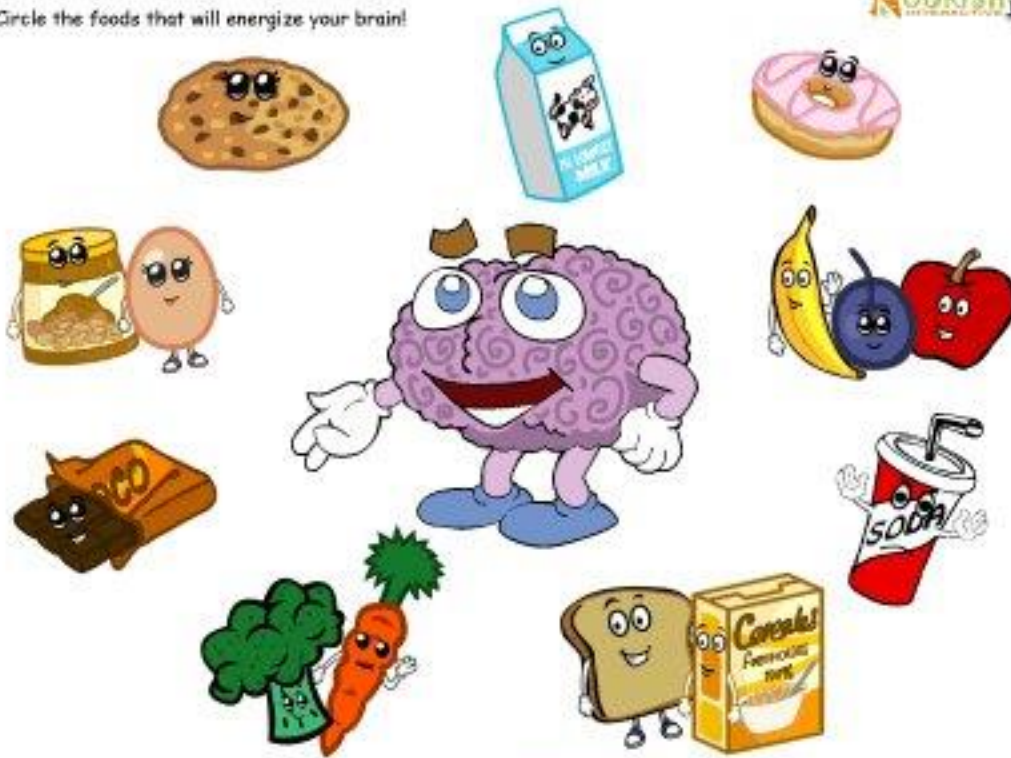
Your brain communicates with the rest of your body using tiny jolts of electricity. Can you trace the signal through the brain and down the brainstem? Don't run into the walls!





Food Magic - Energize Your Brain

Circle the foods that will energize your brain!



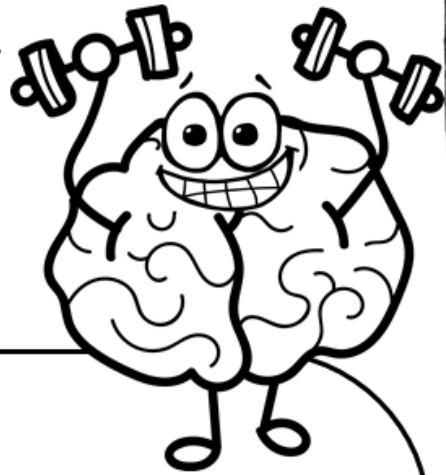
More Nutrition Fun www.ChefSokus.com
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Name _____

I CAN MAKE MY BRAIN GROW!

Our brain is like a sponge. It has room to grow bigger and bigger every day. Draw or write about how you can make your brain grow and expand!



A large, empty rectangular area with rounded corners, intended for drawing or writing about ways to make the brain grow and expand.

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Disney PIXAR INSIDE OUT

COLORING PAGE



Joy



Fear

Anger



Sadness



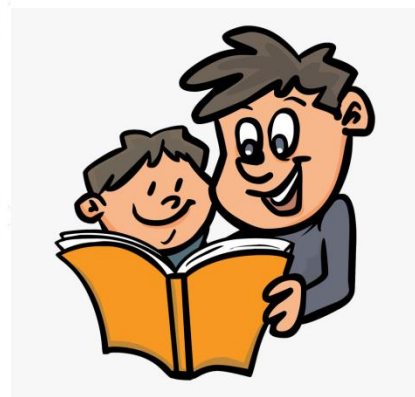
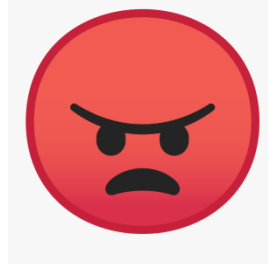
Joy & Sadness

IN THEATRES JUNE 19

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Cut out the emotions, actions or characters and glue them onto the brain depending on how you are feeling







Serve And Return and your baby

- Notice the serve and share your child's focus of attention
- Return the serve by supporting and encouraging
- Give it a name: Return a serve by naming what a child is seeing, doing or feeling.
- Take turns and wait—Keep interaction going back and forth.
- Practice endings and beginnings—children signal when they are done or ready to move on to a new activity

Grab a mirror and make a face with your child- watch and see if they make the same face back. Your child might mimic your face. You might also mimic their face back!



Zones of Regulation (<https://www.zonesofregulation.com/index.html>)



What zone am I in?



Use tools to get in the green zone.



What's a fun way to help kids build better brains?

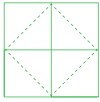
The Serve and Return Origami Game

Scientists say the way to help kids build better brain architecture is through "serve and return" interactions. A child reaches out for interaction ("serves"), and the caregiver responds ("returns"). Here's a serve-and-return game to play with toddlers and up. Find a small friend and have some fun!

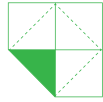
 Cut along edge of game and fold using instructions on back.

 <p>Let's</p>	 <p>1</p>	 <p>2</p>	 <p>Brains</p>
 <p>8</p>	<p>Have a thumb wrestling match.</p>	<p>Tell a knock-knock joke.</p>	 <p>3</p>
 <p>7</p>	<p>Act like an animal. Ask your partner to guess what.</p>	<p>Make up a song about your friend and sing it to them.</p>	 <p>4</p>
 <p>Build</p>	 <p>6</p>	 <p>5</p>	 <p>Better</p>

How to fold



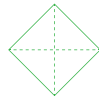
Cut the game out and place face down.



Fold all corners to the centre.



You now have a square.



Turn the square over.



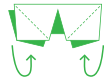
Fold corners to the centre to make a small square.



Like this.



Crease the paper lengthwise and then widthwise.



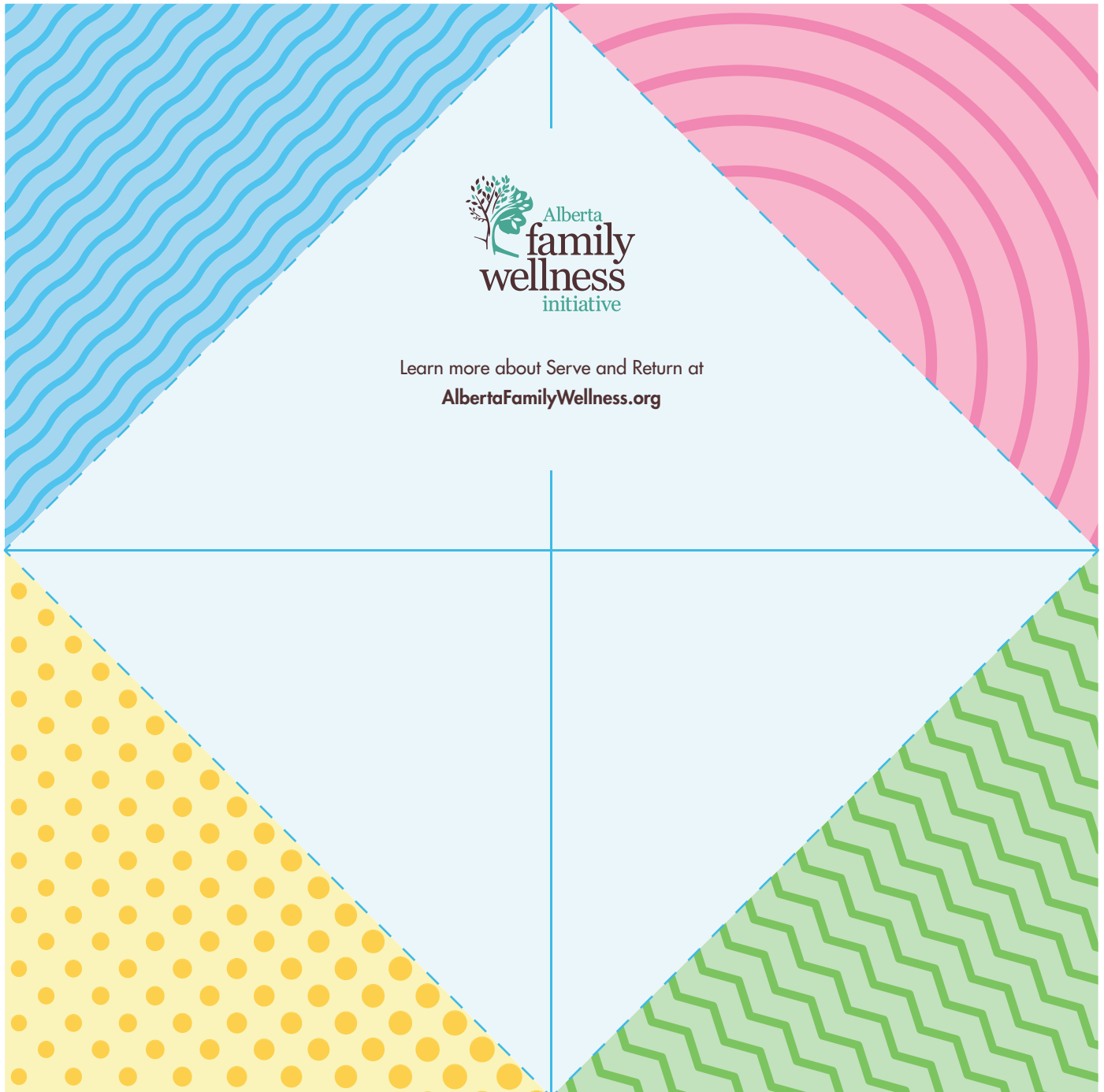
Insert your fingers.



To-da!

How to play

1. Get a partner.
2. Ask your partner to pick a word (Let's, Build, Better, or Brains).
3. Spell the word. As you say each letter, open and close the game frontwards and sideways to show the numbers inside. (Ex. "Let's" goes frontwards, sideways, frontwards, sideways.)
4. Ask your partner to pick one of the four numbers.
5. Count up to the number out loud while opening and closing the game.
6. Ask your partner to pick a number.
7. Open that number. Read the instructions to your partner.
8. When your partner is finished, switch roles!



SERVE AND RETURN INTERACTIONS MAKE EVERYDAY MOMENTS FUN AND BECOME SECOND NATURE WITH PRACTICE.

BY TAKING SMALL MOMENTS DURING THE DAY TO DO SERVE AND RETURN, YOU BUILD UP THE FOUNDATION FOR CHILDREN'S LIFELONG LEARNING, BEHAVIOR, AND HEALTH—AND THEIR SKILLS FOR FACING LIFE'S CHALLENGES.



SERVE & RETURN

BUILDING YOUR
CHILD'S BRAIN

THE SERVE

Notice what the child is looking at, their facial expressions and body movements. This is the serve!



THE RETURN

RETURN the serve with a hug and gentle words, help them, or play with them. You can make a sound or facial expression-like saying, "I see!" or smiling and nodding to let a child know you are noticing the same thing.

When you RETURN a SERVE by naming what a child is seeing, doing, or feeling, you make important language connections in their brain.

Everytime you return a serve, wait and give the child a chance to respond. Waiting helps keep the turns going. Keep the interaction going back and forth.

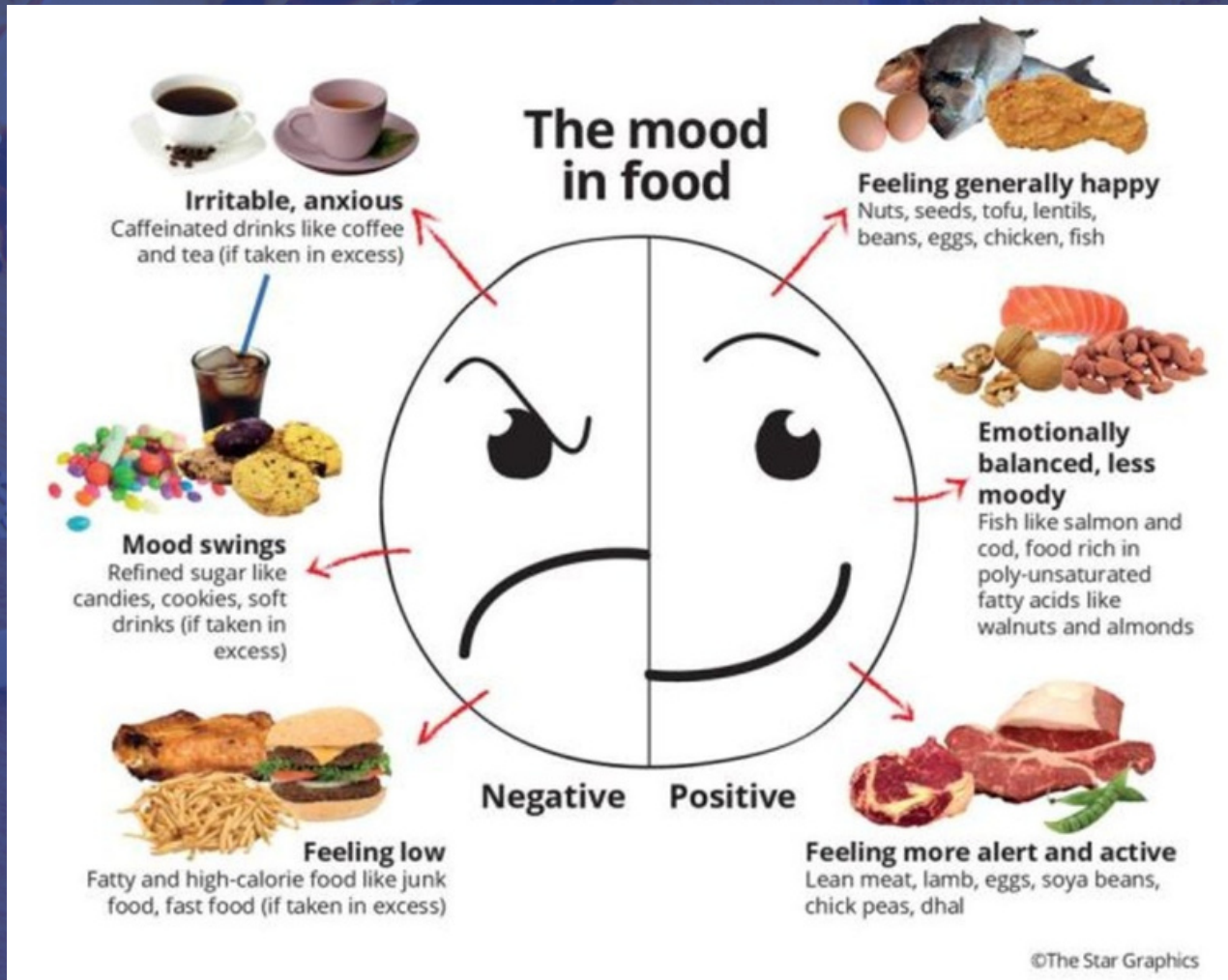




The food that we put into our bodies can have a positive or negative affect on our:

- Energy levels
- Moods
- Concentration
- Sleep
- And how we handle a stressful situation or event

Knowing how food affects your mood can help you make conscious decisions on what to put into your body.



Which can help you feel happier and healthier!

When we are stressed it can lead us to grabbing food that is not the healthiest!



This will create a negative cycle with food habits and how you are feeling.



Treat yourself
and fuel your
brain with
delicious food!



healthy
body

+



healthy
mind

=



happy
life