Additional Resources – Module 1

For a deeper dive into early brain development, visit these four modules from the Institute for Learning and Brain Sciences. Each one is about 20 minutes.

- Foundations of Literacy
- The Importance of Early Interactions
- From Listening to Speaking
- The First 2000 Days Matter

To learn more about screen use for children 0-5 including recommendations about appropriate use:

- Common Sense Census: Media Use by Kids Age Zero to Eight, 2020
- How Much Screen Time Is Ok for My Kids?
- How Can I Help My Kids Develop Good Screen Time Habits?
- Parenting, Media, and Everything in Between

To explore dual-language learning more, visit:

- University of Washington Institute for Learning and Brain Studies’ Bilingual Language Development
- Zero to Three’s article “Dual Language Development: Double the Benefit”
- The Conversation’s article “Why the Baby Brain Can Learn Two Languages at the Same Time”
- Educator Mia Nacamulli details the benefits of a bilingual brain
- Patricia Kuhl’s 10 minute TED talk, “The Linguistic Genius of Babies”