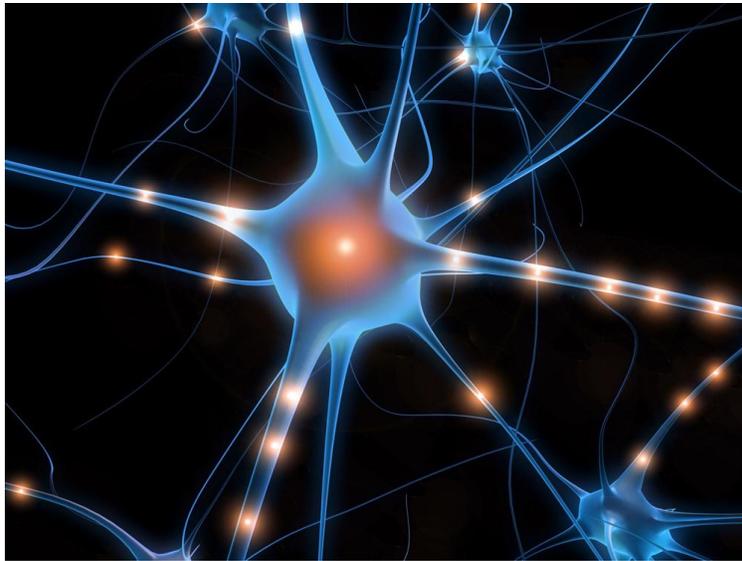


Brain Development: An Annotated Bibliography

A selected listing of titles available on this topic from the
Early Childhood Training Center's Media Center



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Web Site: <http://www.education.ne.gov/oec/ectc.html>

Online Catalog: <http://ectc-library.education.ne.gov>

Books

125 Brain Games for Babies. Jackie Silberg. (1999). Beltsville, MD: Gryphon House. Packed with everyday opportunities to contribute to brain development of babies, this book includes active games, singing games, visual games, language games, and sensory experiences—all based on the latest brain research.

125 Brain Games for Toddlers and Twos. Jackie Silberg. (2000). Beltsville, MD: Gryphon House. Grouped by age and accompanied by related research, these games meet the needs of each stage of your child's young life—from a newborn's hand-eye coordination to an infant's language acquisition to a toddler's movements and musical ability. Children will love the one-on-one attention these activities afford and the chance to show off their burgeoning brainpower.

The Boy Who Was Raised as a Dog. Bruce Perry. (2006). New York: Perseus. What happens when a young brain is traumatized? How does terror, abuse, or disaster affect a child's mind, and how can that mind recover? Child psychiatrist Bruce Perry has helped children faced with unimaginable horror: genocide survivors, murder witnesses, kidnapped teenagers, and victims of family violence. In *The Boy Who Was Raised as a Dog*, he tells their stories of trauma and transformation through the lens of science, revealing the brain's astonishing capacity for healing. Deftly combining unforgettable case histories with his own compassionate, insightful strategies for rehabilitation, Perry explains what exactly happens to the brain when a child is exposed to extreme stress—and reveals the unexpected measures that can be taken to ease a child's pain and help him grow into a healthy adult. In this deeply informed and moving book, Bruce Perry dramatically demonstrates that only when we understand the science of the mind can we hope to heal the spirit of even the most wounded child.

Building Your Baby's Brain: A Parent's Guide to the First Five Years. Diane Trister Dodge and Cate Heroman. (1999). Washington, DC: Teaching Strategies, Inc. This booklet is packed with illustrations and helpful charts about brain development. It shows how a few simple things you do every day can make a big difference

Building the Reading Brain, PreK-3. Patricia Wolfe. (2004). Thousand Oaks, CA: Corwin Press. Learning to read is a complex, gradual process that begins in infancy and *Building the Reading Brain, PreK-3* provides insights and guidelines to help early childhood educators, parents, and care providers and K-3 teachers to meet the challenge of insuring that every child learns to read with fluency and comprehension.

The Dana Alliance's 2009 Progress Report on Brain Research: Perspectives on Substance Abuse Research. Dana Foundation. (2009). New York: Dana Alliance for Brain Initiatives. This publication includes the following articles:

Perspectives on Substance Abuse Research, by Floyd E. Bloom, MD

Substance Abuse: Mapping the Pathway of Addiction, by Elizabeth Norton Lasley

New Directions for Alzheimer's Disease Research: Successes and Setbacks, by Tom Valeo

The Quest for Better Schizophrenia Treatment: Serendipity and Science, by Hakon Heimer
Brain-Machine Interfaces: Sci-fi Concepts Make Clinical Inroads, by Brenda Patoine

The Obesity Problem: When Our Hormones Betray Us, by Scott Edwards

Post-traumatic Stress Disorder and Traumatic Brain Injury: Healing the Battered Brain, by Kayt Sukel

Roundup: More Important Findings in 2008, by John Timmer

Dance with Me in the Heart. Pennie Brownlee. (2010). New Zealand: New Zealand Playcentre Federation. Successful intimate relationships are a doorway to health and happiness for human-beings. Not surprisingly, that first relationship with their parents that new babies make sets the scene for every other relationship that follows. The quality of this first relationship determines how the brain physically "wires up" the potential the new infant brings into the world and is the launching pad for the baby as a social being.

Early Development and the Brain: Teaching Resources for Educators. Linda Gilkerson, (Ed.). (2008). Washington, DC: Zero to Three. Whether you're seeking to introduce a new curriculum about the brain or revamp existing course materials, *Early Development and the Brain's* fresh perspective that links an understanding of the brain to early childhood education offers the best choice. Organized in nine units, this curriculum distills complex topics, such as "sensory processing" and "language and the brain" and offers a road map for teaching them. The units flow in a meaningful sequence, yet the curriculum is flexible enough to teach units either individually or as a part of other course materials.

A Mind at a Time. Mel Levin. (2002). New York: Simon and Schuster. Children have different ways of learning. In this book, the author sets the stage for looking at each child's learning strengths and offers ways to teach to these individualities for optimum success.

The Secret Life of the Brain. Richard Restak. (2001). Washington, DC: Joseph Henry Press. Companion to the television series brought to PBS by award-winning producer David Grubin, *The Secret Life of the Brain* reveals the intricate magic of the human brain. Lavishly illustrated and beautifully presented, the many mysteries of the brain are explored from infancy to old age. Also see the videotape series by the same title.

Smart Start! Building Brain Power in the Early Years. Pam Schiller. (1999). Beltsville, MD: Gryphon House. *Smart Start* offers simple, straightforward ways to boost brain power with active exploration, repetition, sensory exploration, and more. All chapters describe how and why the brain develops and explains how you can use the activities to give your children the best foundation for future learning.

Teaching with the Brain in Mind. Eric Jensen. (2005). Alexandria, VA: Association for Supervision and Curriculum Development. Get the newest insights on how your students are wired for learning and how their learning behaviors change as they mature. And equip your teaching with tips and techniques drawn from brain research: seven factors that dramatically influence a successful learning process; five forms of repetition to include in a well-planned curriculum; the exact amount of time to spend on direct instruction in each lesson, at each grade level; proven guidelines for activating the intrinsic motivation in every student; the number of times per week and length of time that students should practice a new skill; and the best way to prepare yourself mentally and emotionally for every class period.

Your Child's Growing Mind, Jane M. Healy. (2001). New York: Random House. *Your Child's Growing Mind* is a reliable, clearly written guide to learning skills for children. Current scientific theories on nervous system development are translated into practical information for parents. The author then explains in detail how children develop language and memory, and addresses academic learning.

DVDs

Early Childhood and Brain Development: How Experience Shapes Child Community and Culture. In this one-hour program, Dr. Bruce Perry speaks passionately about the critical role early developmental experiences play in shaping the child, and ultimately community and culture. This presentation was given to a large public gathering of key policymakers and stakeholders in California - and we think you will find it helpful in communicating these ideas to parents, teachers, mental health professionals, and policy makers. Produced and by Child Trauma Academy, Houston, TX. 60 minutes, 2007.

I Am Your Child: Why Early Childhood Matters. Scientific research confirms that children's earliest experiences—starting even before they're born—dramatically affect their ability to succeed in school and in life. In this video, our country's leaders in government, business, crime prevention, and academia voice their commitment to our nation's youngest children and emphasize the crucial need for increased investments in early childhood. Produced and distributed by Parents Action for Children. 10 minutes, 2005.

Pediatric Brain Development (Your Child's Brain) is a research-based segment is from ABC News Program, Primetime Live. The program discusses the importance of stimulating your child's brain. Reading to an infant stimulates the brain and actually creates physical change. Talk to your baby, engage, be descriptive, seek attentive child care; these activities will sprout rich connections in the brain, which will affect human potential. Research has also shown that music creates a change in the brains of toddlers and helps develop pathways in learning to read and learn languages. This program was formerly titled *Your Child's Brain*. Distributed by United Learning. 17 minutes, 1997.

The Power of Play with Marjorie Kostelnik. Dr. Kostelnik talks about the importance of play in the development of young children. Recorded at the *Ready to Make a Difference* conference, held in Omaha on January 24, 2008. 60 minutes.

The Secret Life of the Brain reveals the fascinating processes involved in brain development across a lifetime. The five-part series informs viewers of exciting new information in the brain sciences, introduces the foremost researchers in the field, and utilizes dynamic visual imagery and compelling human stories to help a general audience understand otherwise difficult scientific concepts. Five 60-minute programs, 2002.

Part 1: The Baby's Brain—Wider than the Sky. Scientists have only recently begun to understand how the brain works. The brain of a baby is more open to the shaping hand of experience than at other times.

Part 2: The Child's Brain—Syllable from Sound. Nowhere is learning more dramatic than in the way a child learns language. As children, we acquire language—the hallmark of being human.

Part 3: The Teenage Brain—A World of Their Own. New research has shown that during puberty, when the brain begins teeming with hormones, the pre-frontal cortex, the center of reasoning and impulse control, is still a work in progress. For the first time, scientists can offer an explanation for what parents already know—adolescence is a time of rolling emotions and poor judgment.

Part 4: The Adult Brain—To Think by Feeling. Explore the critical interplay between reason and emotion and what happens when the balance between the two brain regions that handle them goes awry. Meet adults who are dealing with the effects of stroke, post-traumatic stress disorder, anxiety, and depression.

Part 5: The Aging Brain—Through Many Lives. Scientists recently discovered that even into our seventies, our brains continue producing new neurons. Might it one day be possible to use these new neurons to replace those killed by disorders of the aging brain, like Parkinson's disease?

Trauma, Brain, and Relationship: Helping Children Heal. This documentary video about psychological or emotional trauma in children is taken from interviews conducted at the *From Neurons to Neighborhoods* community conferences. The documentary is an overview to help those who care about children recognize, prevent and heal psychological trauma. Produced and distributed by the Center for Clinical Studies and Research, Santa Monica, CA. 22 minutes, 2004.

Which Brain Do You Want? Psychiatrist Daniel Amen has been looking at the brain for more than 14 years and has performed 25,000 brain scans. One of the major lessons he has learned is that drug and alcohol abuse damage the brain. Since the brain is the organ of behavior, the command and control center that runs your life, damaging it can be disastrous. In this DVD, you will see how the brain works, how the brain is involved in everything you do, what happens when the brain misfires, the physical impact of drugs and alcohol on brain function, and ways to improve your brain. Produced by Mindworks Press, Newport Beach, CA. 47 minutes, 2004.

Compact Discs

The Brain in Leadership. Listen in as Dr. Daniel Amen and Professor David Bennett discuss the role of the brain in leadership. Calling upon his years of experience as a senior executive with companies such as Pepsico, Marriott and franchise giant Mailboxes, Etc., Professor Bennett outlines the critical qualities an effective leader must possess while Dr. Amen links them to specific brain functions. If you are a leader in any setting, you will benefit from this revealing look at what works and what doesn't work for leadership success. Your brain affects everything you do, including the way you lead. You will discover that building a better brain truly does build a more effective leader. Produced by Mindworks Press, Newport Beach, CA. 2006.

Change Your Brain, Change Your Life. In this audio book, scientific evidence is presented that shows that anxiety, depression, anger, obsessiveness, or impulsiveness could be related to how the specific systems of the brain work. Neuropsychiatrist Daniel Amen will present brain "prescriptions" that can help to heal your brain and change your life. Learn how to quell anxiety and panic, fight depression, curb anger, conquer impulsive behavior, and stop obsessively worrying. Produced by Mindworks Press, Newport Beach, CA. 2006.

Healing from Brain Injuries. Brain injury can happen to anyone and in more ways than you would think possible. In this interview with Mike Marino, Dr. Daniel Amen walks us through a look at how brain injuries can occur--many times from activities most of us view as harmless. He also talks about how to avoid injury and what to do if you've had one. You will discover that the brain has a marvelous capacity to heal if you treat it well. The brain affects everything you do and decreasing your chance of injury is a major step toward a happy fulfilling life. This is a must- listen for any parent or anyone who has had even minor trauma to their head, like a car or bike accident. Produced by Mindworks Press, Newport Beach, CA. 2006.

Making a Good Brain Great. This book will show you how to protect your brain from injuries and toxic substances, how to nourish your brain with vitamins, and give it a mental workout, and how to reduce stress, and rid your brain of negative thoughts, and more. Filled with fascinating brain-scan images and anecdotes from Dr. Amen's career on the front lines of brain research, *Making a Good Brain Great* delivers a vital health message in an entertaining package. Produced by Random House Audio, New York, NY. 2005.

Newsletters

The Brain in the News is a monthly publication valuable for anyone interested in the latest discoveries about the brain. Each issue is compiled from articles and illustrations, reprinted by permission, that have appeared throughout the country in major newspapers and news magazines. Published by the Dana Foundation.

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