

## Baby Brain Time



Recently, representatives from the St. Johns, Sanders, and Round Valley Libraries attended a day-long workshop entitled Brain Time with Brain Boxes™. Because close to 90% of a child's brain is developed by age three, the goal of the program is to utilize this critical learning time in a constructive manner. "The ABC's of early learning refers to the three key areas that are critical for 'wiring' a healthy brain: Attention, Bonding and Communication. The ABC's are woven throughout the Brain Box system. Using the label, 'ABC' is an easy way to remember that Attention, Bonding and Communication are essential to healthy development" (New Directions Institute for Infant Brain Development – A Member of Arizona's Children Association Family of Agencies).

The program is designed to help parents and children interact while using a Brain Box™. Each box includes at least two books, a puppet, and various instructional toys to be used by a parent paired with his/her child.

The St. Johns Public Library would like to begin using the Brain Boxes™ in January with participants who are willing to commit to a four-week program of one hour a week. This would be for four sets of one parent with one child between birth and 24 months. If enough interest is shown, other sessions will be scheduled for more sets of parents/children. If you are interested in being a participant or just want more information, please contact Carolyn Des Champs at 928-337-4405.

The Round Valley Public Library will be holding a Brain Box™ workshop on January 21<sup>st</sup>, 2010, from 10:00-11:00 A.M. For more information, contact Fely Earl at 928-333-4694.

Don't forget that you do not need any instructional tool to hug your child today.

