**WORKSHEET 2: Research notes**

**What can caregivers do to promote healthy brain development in the early years?**

Watch these videos. Use this space to note down practical tips for caregivers.

**Baby Talk** **Serve and return interactions**

<https://www.unicef.org/parenting/child-development/baby-talk-class> <https://www.albertafamilywellness.org/resources/video/serve-and-return>



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**Playful Learning**  **Executive function and self-regulation**

****<https://vimeo.com/505601316/cde3ca6023> <https://www.albertafamilywellness.org/resources/video/executive-function>