

HOW TO NURTURE YOUR CHILD'S GROWING BRAIN

DID YOU KNOW A CHILD'S BRAIN EXPANDS THE MOST BETWEEN BIRTH AND THREE YEARS OLD?



THAT'S WHY IT'S SO IMPORTANT TO FOCUS THEIR EARLY YEARS ON LEARNING AND DEVELOPMENT.

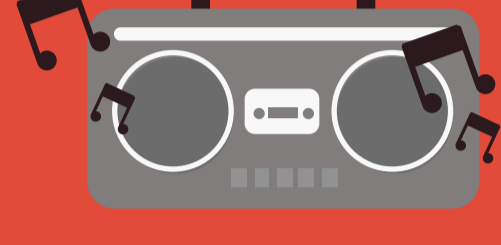
HERE'S HOW YOU CAN HELP NURTURE YOUR CHILD'S GROWING BRAIN:

LANGUAGE

ON AVERAGE, BABIES WHO ARE TALKED OR READ TO KNOW **300 MORE WORDS!**

YET ONLY **50% OF BABIES AND TODDLERS ARE READ TO** BY THEIR PARENTS.

READING TO YOUR CHILD WILL HELP **STIMULATE THE CONNECTIONS IN THE BRAIN** CALLED SYNAPSES, HELPING THEM ABSORB AND DEVELOP THEIR COMMUNICATION SKILLS.



PARENTS SHOULD ALSO SING, DANCE, AND PLAY MUSIC FOR THEIR CHILDREN.

PLAY CLAY!

RHYMING ALSO HELPS DEVELOP A BABY'S LANGUAGE SKILLS!

PARENTING TIP:



CHALLENGE YOUR CHILD TO LEARN MORE THAN ONE LANGUAGE. AT THIS AGE, IT'S EASIER FOR THEM!

SOCIAL SKILLS

TEACHING BABIES AND TODDLERS TO RECOGNIZE FACIAL EXPRESSIONS IS KEY IN UNDERSTANDING EMOTIONS.

DIFFERENT TONES CAN ALSO HELP IDENTIFY EMOTIONS.

PARENTING TIP:



RECORD YOUR VOICE WITH DIFFERENT TONES. ASK YOUR TODDLER WHETHER EACH TONE SOUNDS HAPPY, SAD, ANGRY, ETC.

MATH AND SCIENCE



FOR BABIES AND TODDLERS, STORIES AND SONGS USING REPETITION AND NUMBERS ARE THE BEST WAY TO INTRODUCE MATH IDEAS.



FOR CHILDREN AGES 2-3, PARENTS CAN DO ACTIVITIES LIKE COUNTING SHAPES OR SORTING BY SIZE TO HELP INTRODUCE CONCEPTS OF CHRONOLOGY.

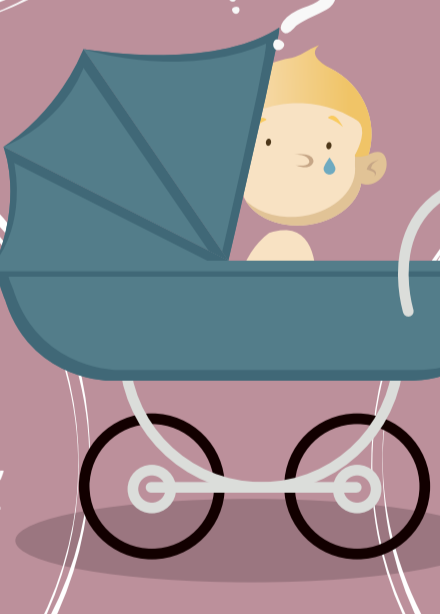


GET YOUR CHILD COOKING IN THE KITCHEN TO MAKE MATH AND SCIENCE FUN (AND DELICIOUS)!

MANAGING STRESS

STRESS CAN DERAIL LEARNING. THAT'S A FACT!

WHEN A PERSON EXPERIENCES STRESS, CORTISOL IS PRODUCED, WHICH CAN NEGATIVELY AFFECT CONNECTIONS IN THE BRAIN ASSOCIATED WITH MEMORY AND LEARNING.



THAT DOESN'T MEAN ALL STRESS IS BAD.

POSITIVE STRESS IS EXPERIENCED AS CHILDREN LEARN TO COPE WITH FRUSTRATION AND NEW OBSTACLES, WHICH IS A NORMAL PART OF LEARNING.

„TOXIC STRESS“ IS THE RESULT OF TRAUMA, OR PROLONGED PERIODS OF STRESS. HIGH LEVELS OF STRESS EARLY ON IN LIFE ARE LINKED TO ISSUES LATER IN LIFE, SUCH AS...

BEHAVIORAL PROBLEMS

STUNTED EMOTIONAL DEVELOPMENT

HEALTH ISSUES

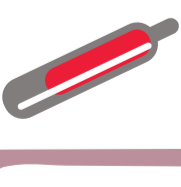
TO MANAGE STRESS AND NURTURE A POSITIVE LEARNING ENVIRONMENT, A CHILD NEEDS PARENTS AND CAREGIVERS WHO CAN...



PROVIDE THEM WITH A **HEALTHY HOME** ENVIRONMENT.



TEACH THEM TO **CONFRONT AND OVERCOME** NEW CHALLENGES.



INTERVENE IF STRESS LEVELS BECOME UNHEALTHY.



OFFER REGULAR MENTAL, PHYSICAL, AND SOCIAL STIMULATION.



PARENTS NEED TO BE PROACTIVE IN HELPING THEIR CHILD GROW. JUST LIKE A FLOWER IN A GARDEN, THE MORE TIME YOU PUT IN, THE MORE BEAUTIFUL THE RESULTS!