

# BRAIN DEVELOPMENT

Early experiences affect the development of the brain, which provides the foundation for all future learning, behavior, and health.



- Early experiences affect the development of the brain, which provides the foundation for all future learning, behavior, and health.
- During the first **3 years**, a child's brain develops **1,000,000 neural connections** per second.
- In order to support a baby's brain development, parents and caregivers should be able to provide:
  - responsive, nurturing, and positive experiences such as talking, reading, and singing;
  - and good food - breastmilk is recommended up to two years of age and complementary feeding should include a variety of healthy and nutritious food.

*\*Source: Center on the Developing Child, Harvard University*

**0 - 1 YEAR**



A child is born with **100 billion brain cells** (called neurons) during the first year; this gives each child countless potential for learning and development.



# 1 - 2 YEARS



- During the first year of a child's life, her/his brain will double in size. Much of the growth occurs in the cerebellum - the part that is in charge of physical and motor skills.
- This suggests that children at this age will learn a lot by moving around and using their bodies in play activities.

# 2+ YEARS



By age 2, the brain is **80 percent** of its adult size and every experience excites its neural circuits. That is why it is important to acknowledge children's growing capacities and provide them with appropriate challenges and activities.