



BRAIN | FACT

The “Prime Time” for developing language occurs from birth to about six years of age.

Talking and reading to young children increases their brains’ capacity for language and impacts life long learning.



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Reading to a child from infancy helps develop a lifelong love of books and helps grow a healthy brain. Repetition enhances brain development.

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Each hemisphere of the brain performs special functions. Movement integrates the right and left hemispheres of the brain of young learners. Learning proceeds at an astonishing rate when both sides work together, especially during music and movement.

***Dance and sing with your child.
It is a healthy activity
for both of you!***



BRAIN | FACT

There appears to be a connection between the pathways activated by music, and the part of the brain used to understand spatial concepts and math.

Sing simple songs, dance and perform rhythms to develop thinking skills.



BRAIN | FACT

Speaking to your child often and in complete sentences will enhance language development.

As a child grows, provide opportunities to practice and use language through play, storytelling and song.



BRAIN | FACT

**Play is a child's work.
Play that includes creativity
and imagination should
be encouraged.**

**The best environment for
a child is one "in the wild"
where ALL of the senses
are stimulated.**

***Schedule time for outside play
daily, almost all weather
can be fun!***



BRAIN | FACT

There is rapid growth in the frontal lobe area of the brain between the ages of three and five. This area of the brain is responsible for understanding cause and effect (“If I do this, then this will happen.”)

Great toys to encourage this skill are sand and water wheels, and a jack-in-the box.



BRAIN | FACT

The outer portion of the brain that organizes abstract and concrete thought, the cortex, is only the width of two dimes placed on top of each other. 80 percent of all brain cells are located in the cortex.

Wearing protection, such as a helmet, and using seatbelts will help prevent injury to this critical area.



BRAIN | FACT

If an activity doesn't bring forth emotions, the brain ignores it. When an emotion is engaged, the events and ideas will be committed to memory.

Research has shown that children learn best when learning is accompanied by fun.



BRAIN | FACT

**Familiar routines,
objects, places
and people promote
a sense of security,
safety and trust.**

***Consistent mealtimes,
caregivers and bedtimes have a
significant impact on the healthy
development of a child's brain.***



BRAIN | FACT

An adult's vocabulary is largely determined by the number of words he/she heard during the first three years of life – and the first two years are the most important.

Read and converse with your very young children. Talk to them during feeding, changing diapers and bathing. Turn off the TV when you are with your young child.



BRAIN | FACT

The myelin sheath is responsible for giving structure and speeding electrical impulses in the brain.

Myelin forms in the body through the age of 21 years, with the fastest growth occurring up through age 4.

Proper nutrition is important to the development of the myelin sheath and an overall healthy brain.



BRAIN | FACT

When a child has an experience over and over, connections in the brain are strengthened—like a well-used trail in tall grass.

When a bedtime ritual is repeated, a child learns what is expected. He thinks of each step in order, feels secure in the predictability of the process and behaves in a predictable manner.



BRAIN | FACT

The number of TV viewing hours recommended by the American Pediatric Association for children age 2 and younger is 0.

Monitor what and how much television your children watch.

Establish a “TV free” time every day.

Never put a TV in a child’s bedroom.



BRAIN | FACT

Moving to and making music form strong connections in the brain.

These are the same connections that are used to solve math problems.

Turn off the TV and turn on your favorite radio station.

Make rocking to lullaby music a part of your child's bedtime ritual.



BRAIN | FACT

**For optimal brain
development children
need to experience
all five senses
in a variety of
hands-on situations.**

***Make time each day for play that lets
children experience how things feel,
taste, smell, look and sound.***



BRAIN | FACT

Gentle touch builds connections in the brain, creates a bond between parent and child, and plays an important part in lifelong interaction with others.

Look for ways you and your child are comfortable with touch.

Model a caring and empathetic attitude to others.

Hug often!