

Information to add to your newsletter (short version)

<b>Brain Awareness Week – March 10 – 14<sup>th</sup></b>
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## **Early Childhood Years Are Most Important In Brain Development**

*Did you know that 85% of a child's brain is developed from birth to five years old?*

A child's brain continues to develop long after birth. The term "brain development" refers to more than how smart a child is. It is the actual growth that takes place in the brain. The experiences a child has in the first few years creates the connections between brain cells to develop the foundation for relationships and learning.

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Repeated positive and fun experiences with caring adults, strengthens the connections to create the growth of a brain. This makes the brain ready to get along with others and eager for more learning. However, constant exposure to stress, limited stimulation, poor nutrition and lack of a nurturing relationship all can create a brain being "wired" in a way that leads to emotional problems and difficulty learning. A growing brain adapts to what ever environment it is exposed to. It will adapt to a negative environment just as easily as it will adapt to a positive environment.

Due to this understanding, the Milwaukee Brain Team is sponsoring, Brain Awareness Week. This week will create an understanding that all of us have a powerful and long-lasting impact on the children in our lives.

*During this week, make one change in what you do  
to contribute  
to the development of children's brains.*