

BRAIN RESEARCH

The brain a child is born with is constantly developing and changing. The care a child receives can have dramatic and long-term effects on how children develop and learn. There are five things you can do to support your child's brain development.

1. Talk with your child. Just repeating sounds and words is helpful to infants and toddlers. Ask and answer questions with your preschooler and have conversations with your school age children.
2. Read to your child every day. No child is too young for story time. Keep reading old and new stories even after your child has learned how to read.
3. Sing children's songs or nursery rhymes. These old favorites are fun and helpful to your child, no matter how tired you get of them.
4. Feed your child well. Good nutrition is important for growing bodies and minds.
5. Provide a stable, loving environment. Every child needs to feel safe and loved.

Brain development is not about creating "super kids" who are smarter than others. It's about making sure your children have the attention they need in their early experiences.