

Effective Brain Development

Parents Sculpt Brains

Research has now proven that millions of parent-child sharing moments in childhood can set up vital **brain connections** that enable our children to have deeply enriched lives.

As parents we can affect the chemistry in our children's brains, by the way we listen, play, cuddle, comfort and discipline our children.

90% of the growth of the human brain occurs in the first 5 years of life. So the time we spend sharing and responding positively to our young children will forge connections between the brain cells. These connections help our children cope well with stress and emotional situations later in life.

Please help me cope with the world. Take my fears seriously and acknowledge my feelings whenever you can. Then I can cope with the world better when I am older.