

# Brain development

A photograph of a woman with blonde hair, wearing a light-colored top, smiling warmly as she reads a book to a young child. The child, with dark hair, is looking at the book with interest. The scene is lit with soft, warm light, creating a cozy atmosphere. The image is partially obscured by a dark blue vertical bar on the right side of the page.

0 to 19  
TORBAY  
for you

## Early Years

From birth to three years old, a child's brain develops at an amazing rate.

The environment they grow up in, their experiences and their relationships all play an important role in helping to influence this development.

There are some simple, everyday things you can do to help your child's brain develop well.



## Things to know

- The brain is 25% developed at birth and 80% developed by age three.
- Babies are born with over 100 billion brain cells.
- These cells are called neurones. They link with each other to create 'pathways'.
- Positive stimulation and repetition will build strong neural pathways.
- Early experiences matter. These first few years help to form the basis of lifelong experience.
- Physical, emotional and social development are all important.



## Things to try

It's the simple things done regularly that have the greatest impact in developing strong positive pathways in your child's brain.

- **Show affection:** Children thrive when they are shown affection. Smiles, hugs, and kisses all help to develop good pathways in their brain.
- **Bring comfort:** The world is a big place for our little ones. When it gets scary or they get hurt, they look to you to comfort them. A reassuring cuddle can go a long way.
- **Play:** Children learn through play. This is the best way for them to make sense of the world. Child-led play is ideal to help them develop their imagination and have special time with you.
- **Read:** Reading and singing together regularly will help develop your child's language and communication skills.
- **Good nutrition:** A healthy, balanced diet and plenty of water helps the brain to develop and work well.