## **Parent Resource**

What You Can Do to Support Brain Development

A child's brain has the majority of its growth and development in the first years of life, doubling in the first year, growing to 80% by their 3<sup>rd</sup> year and 90% by their 5th. Early childhood experiences greatly impact a child's brain development. Knowledge of how our brains develop can help us to present experiences for children for positive brain development.

CONCEPTION

Click on the image below for links to agebased handouts on what you can do to support infant and toddler brain development from Zero to Three!



