Early Brain Development

Definition

A child's brain grows rapidly before birth and during early childhood. Many factors impact healthy brain development including nutrition, safe environments, low stress, and positive interactions throughout life.
Source: Resilient Georgia

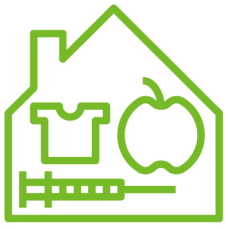
Trauma-Informed Approach

The early stages of childhood are very important for later health and development. A child's brain is the foundation for an adult brain. A nurturing and responsive home, free from neglect and toxic stress is key for early brain development and growth.

Why It Matters

Children grow and learn best in a safe environment, and with many opportunities to play and explore.

Children need to make connections with people for their brains to grow. What builds those connections are caring, nurturing relationships.



Meeting basic needs like eating, resting and breathing helps the brain heal from stress.
Source: Centers for Disease Control and Prevention

Learn More

Scan with your camera to learn more.

Resources

- Georgia Department of Early Care and Learning Developmental Milestones
- Brains: Journey to Resilience
- CDC: Early Brain Development
- Brain 101: Impact of Trauma on the Brain
- Talk With Me Baby
- TooSmall.org
- Better Brains for Babies

Take Action

- Contribute to creating positive nurturing interactions with the young children in your lives.
- Carve out uninterrupted time for play with caregiver & child.
- Spend time reading together.
- Enjoy parks, playgrounds, and outdoor activities.
- Participate in group activities such as playdates, library story time, etc.

info@resilientga.org | 678-940-1431 | 5170 Peachtree Road, Building 100 Suite 400, Atlanta GA, 30341