



# Brains are built, not born.

The brain starts to develop before birth and carries on into early adulthood.

## What shapes the brain?

Did you know the brain **physically develops** when children have new experiences and positive relationships?

Stronger neural pathways in many areas of the brain are built when children enjoy a wide range of positive experiences with different adults and peers.

Reliable, loving and responsive adults, who spend time speaking and listening to their children, are key to children's brain development.

**This means every time we spend time with our children, or allow them to have new experiences, we are actually growing their brain!**



Why not make a menu of ideas for experiences and time spent together, and take turns in your family to choose from it!?

For example:

Throw stones in the sea	Go on a walk in the dark	Go for a picnic
Make a den behind the sofa	Go to the woods	Bake cakes
Read books by torchlight	Play a board game	Make a junk model together