The years between conception and the start of school are incredible ones for your child for lots of reasons. One of those reasons is that your child’s brain is developing more rapidly than at any other time in their life. The brain foundation that your child builds in the early years is one that they will build on for the rest of their lives.

While the brain was fully formed when your baby was born, they will install the wiring – form the connections between the cells – during infancy and the early years. This wiring is what enables your child to develop the skills and knowledge that they’ll need for life.

**Constructing great brains**

There are lots of things that can help your baby on the road to healthy brain development. These include:

- genetics
- food and nutrition
- responsive parents, caregivers and educators
- day-to-day experiences
- physical activity
- love and understanding.

Babies build their brains with the help of adult brains. Your responsiveness, and your baby’s early experiences, are the most critical factors in your baby’s brain building.

**Learn more**

The Raising Children Network offers terrific resources on early development. You might like to start here: http://raisingchildren.net.au/articles/child_development.html


Watch this great animated video of how we can all be Brain Builders: www.rch.org.au/ccch/brain-builders