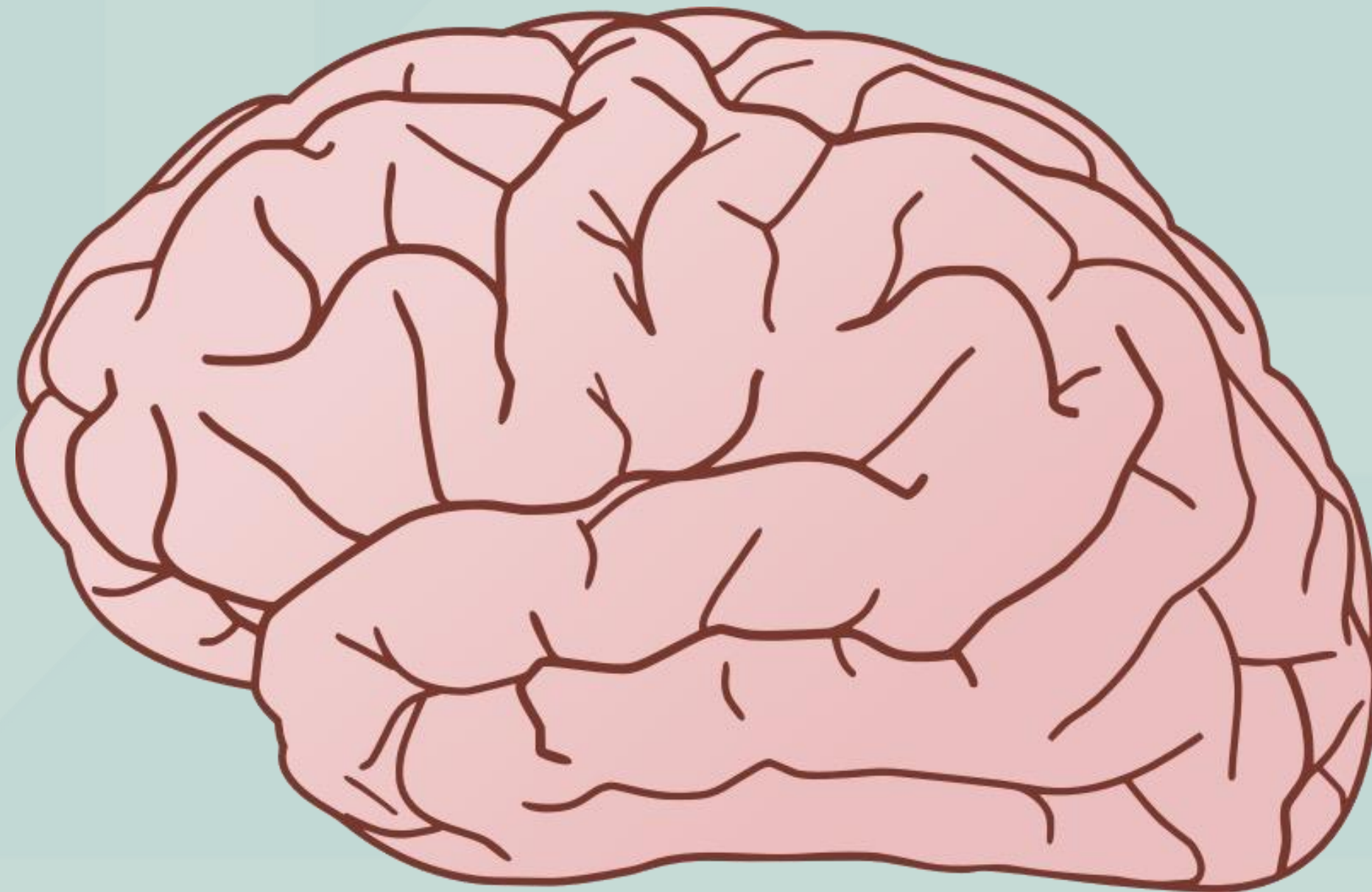




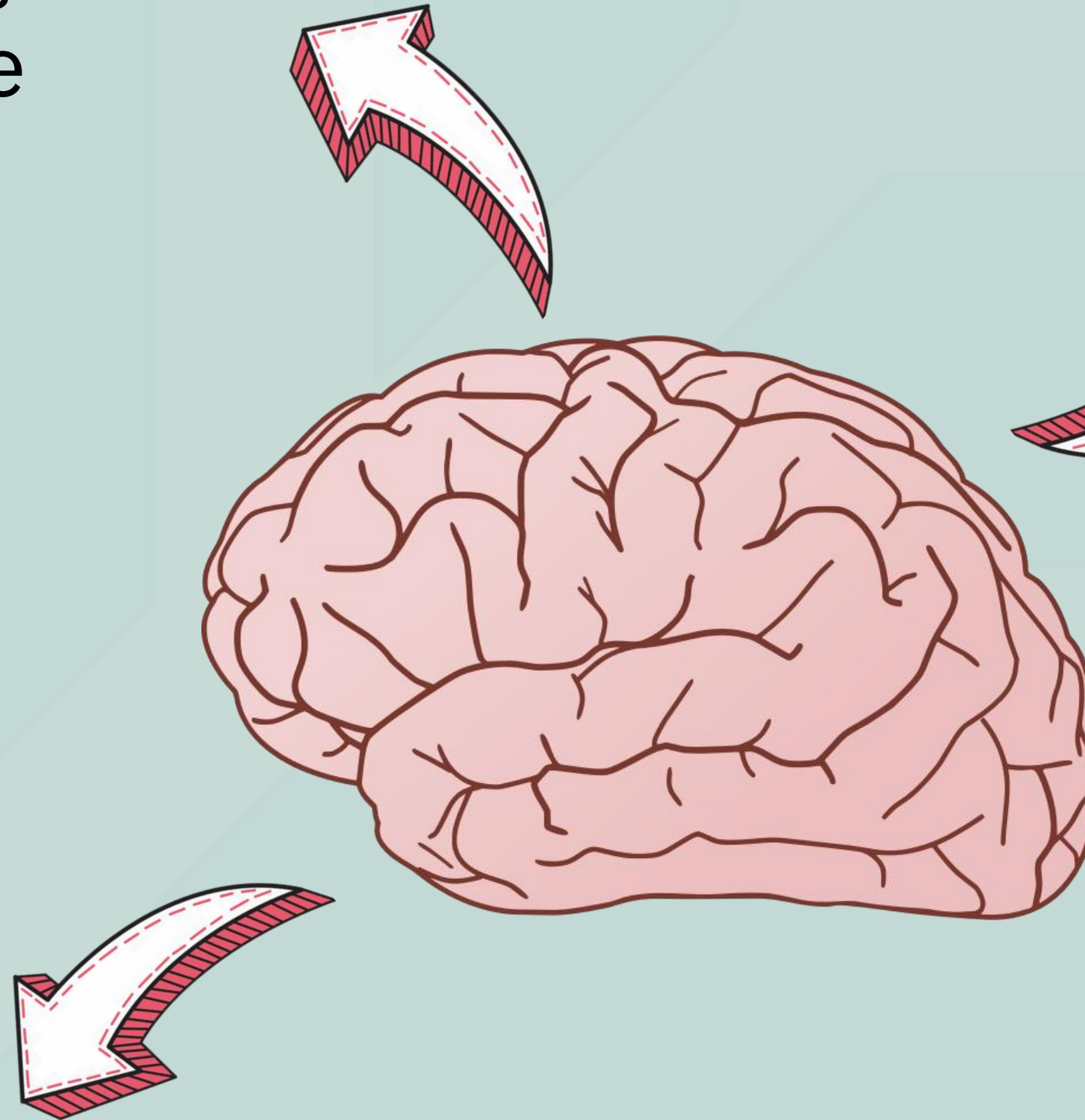
Experiences matter

Shaping early brain development

What do we know about the human brain?



A soft tissue organ
protected by the
skull

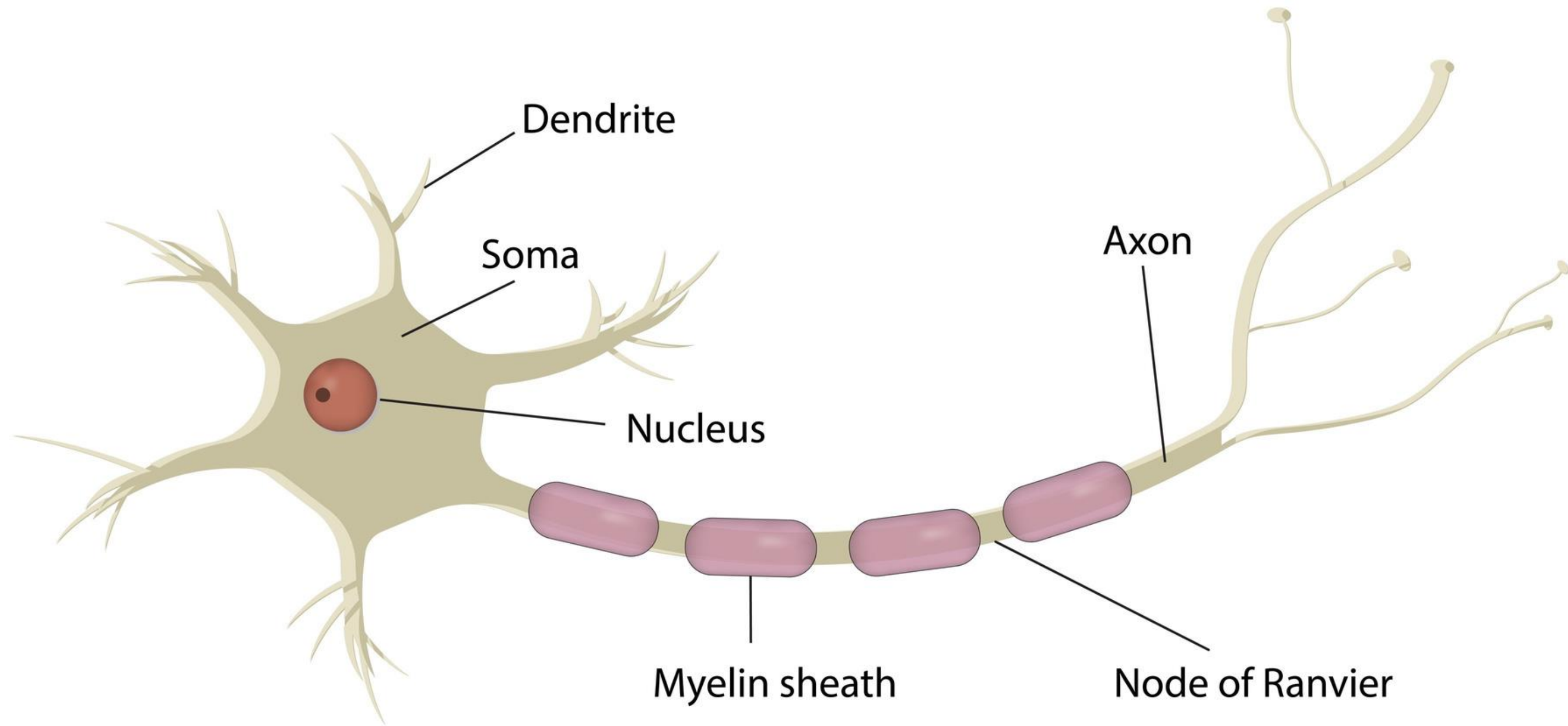


It controls **EVERYTHING!**

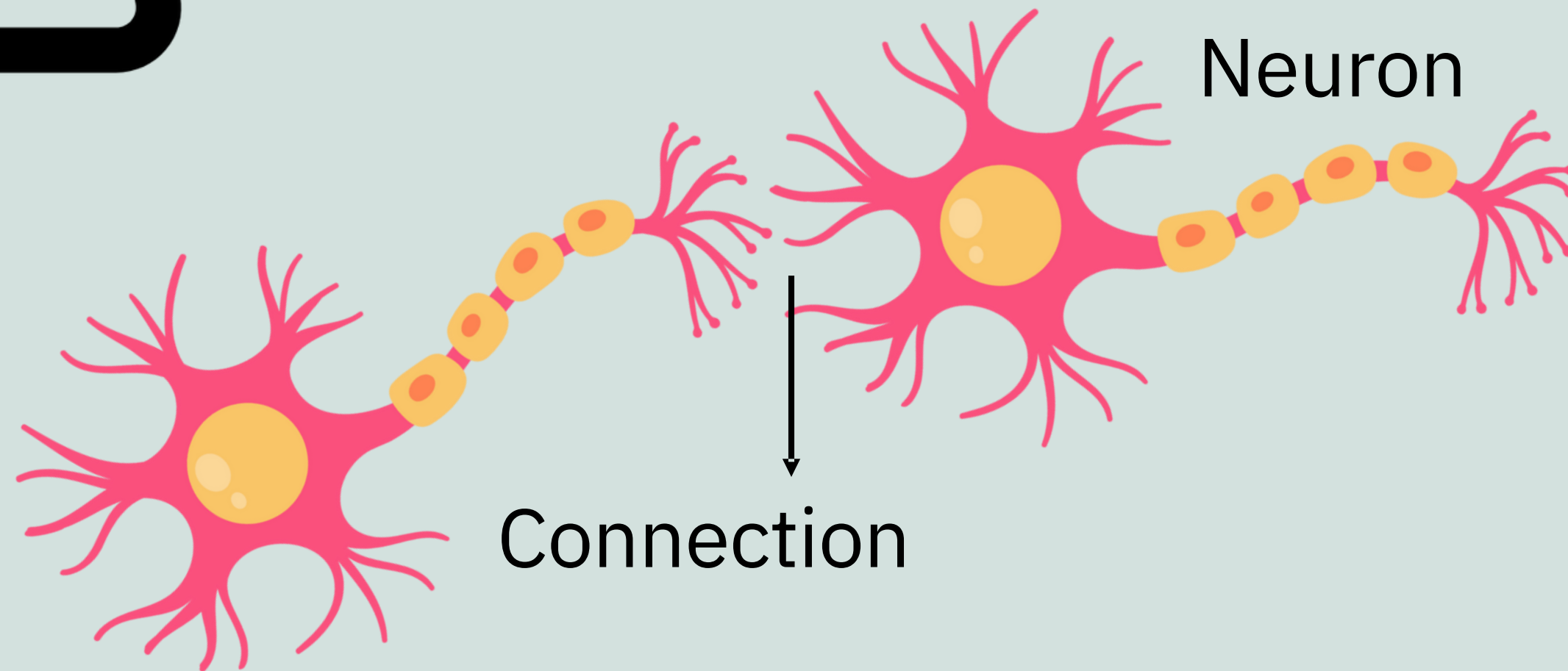
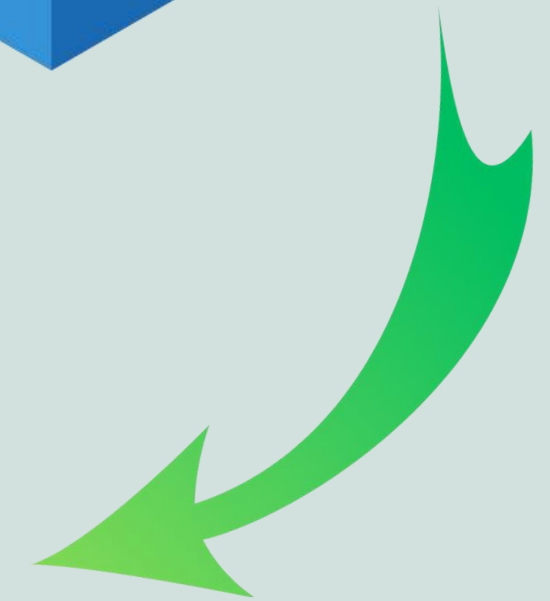
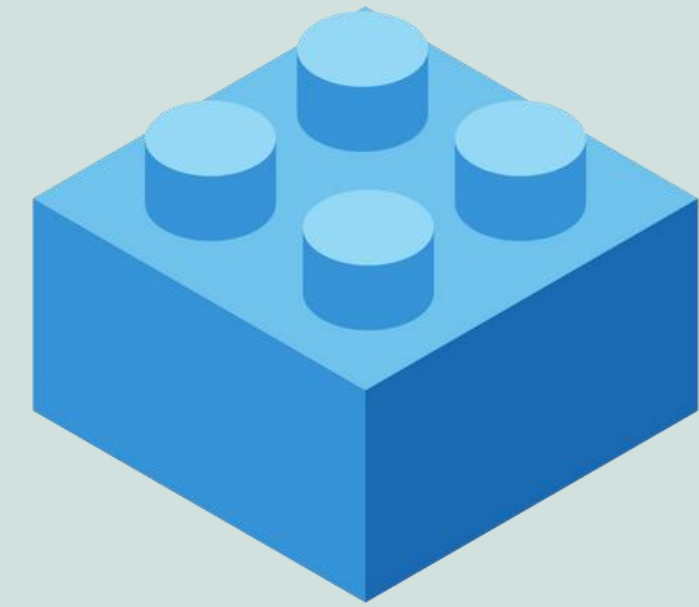
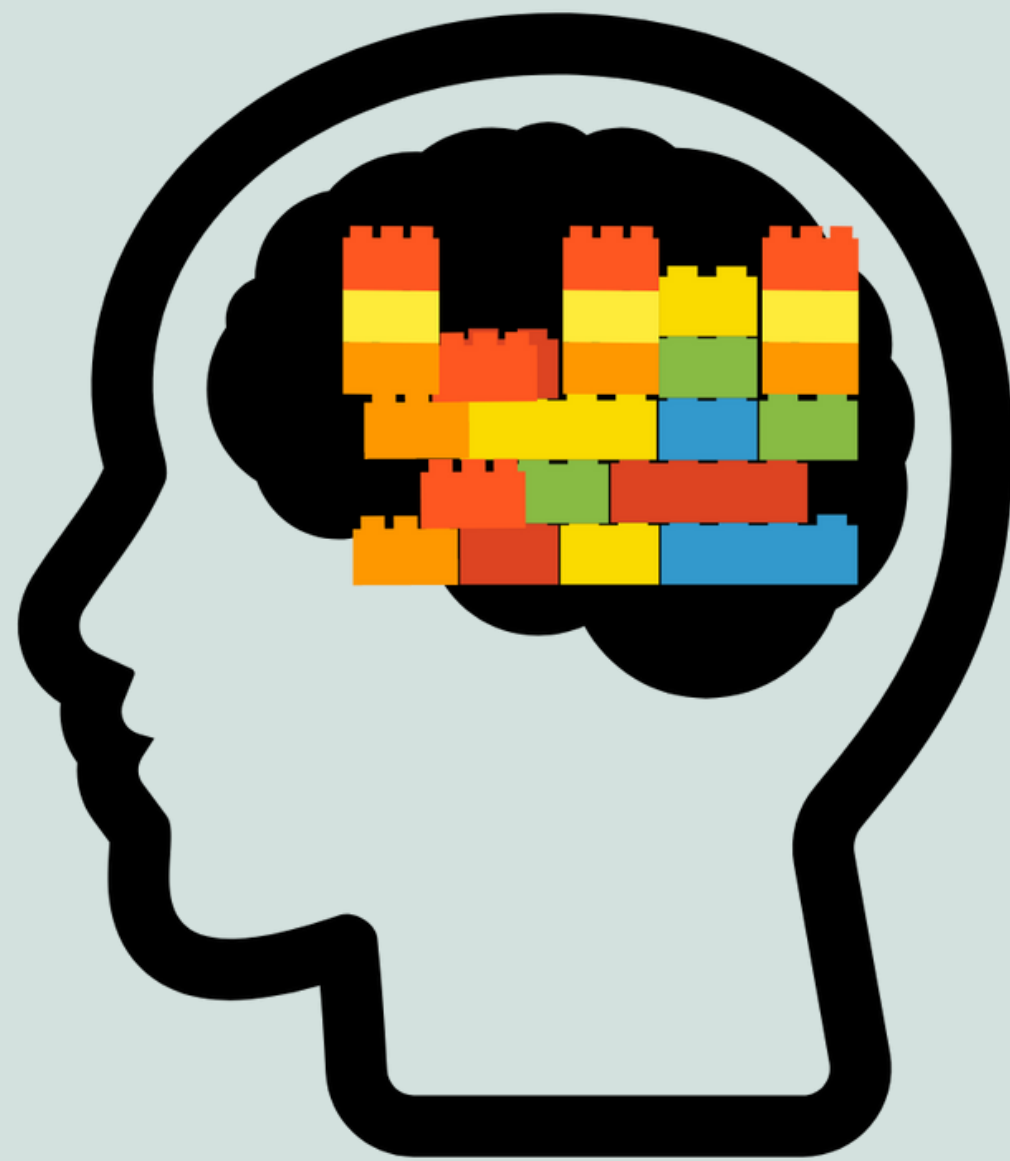
- body processes
- thinking and learning
- movement
- health and wellbeing
- emotions
- memory
- behaviour
- and so on!

Yours is still developing!

A brain cell is called a neuron



The brain is made of about 85 billion neurons



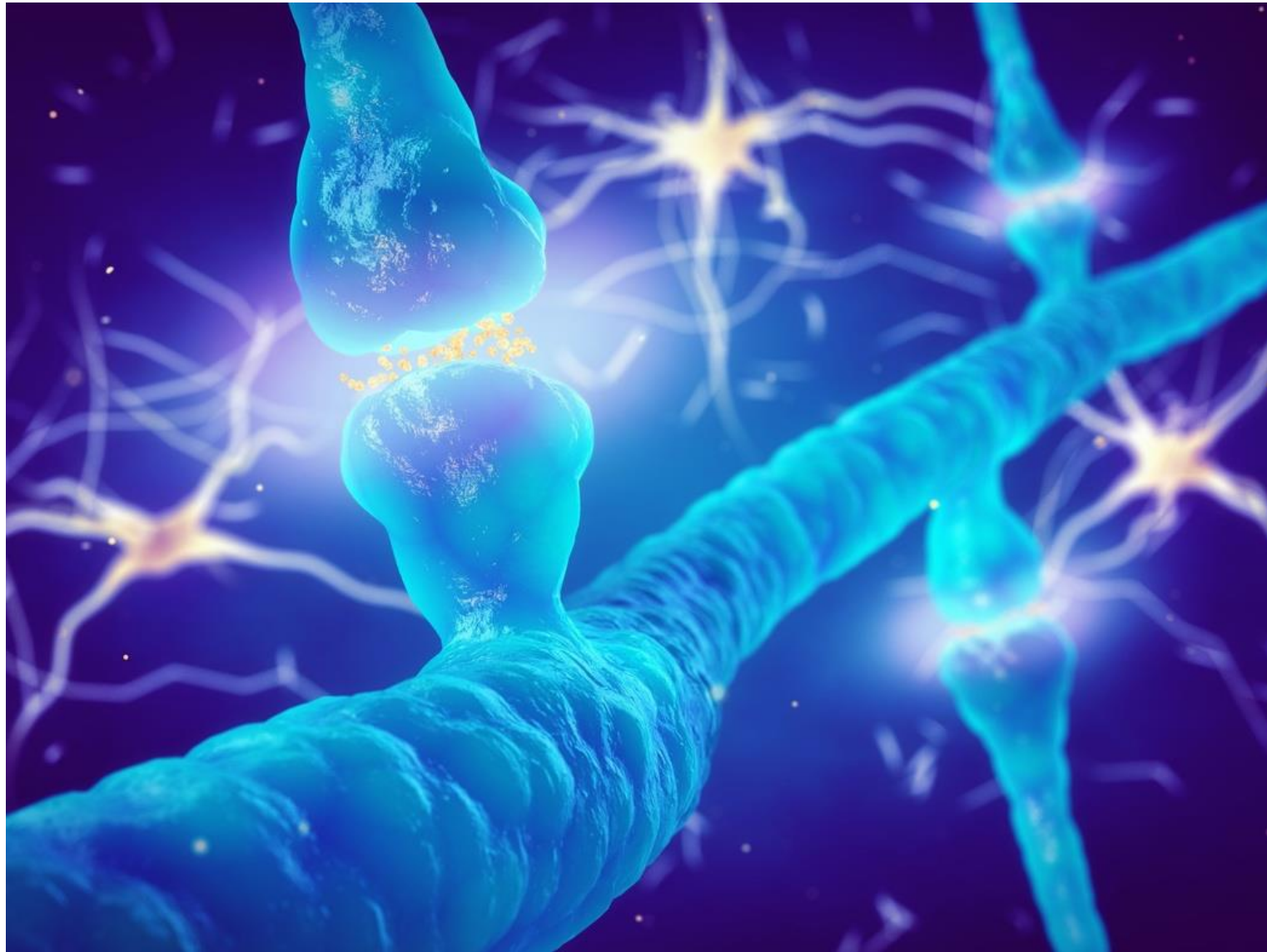


Joined by about 100 trillion connections

That's about 1000x the number of stars in the milky way!

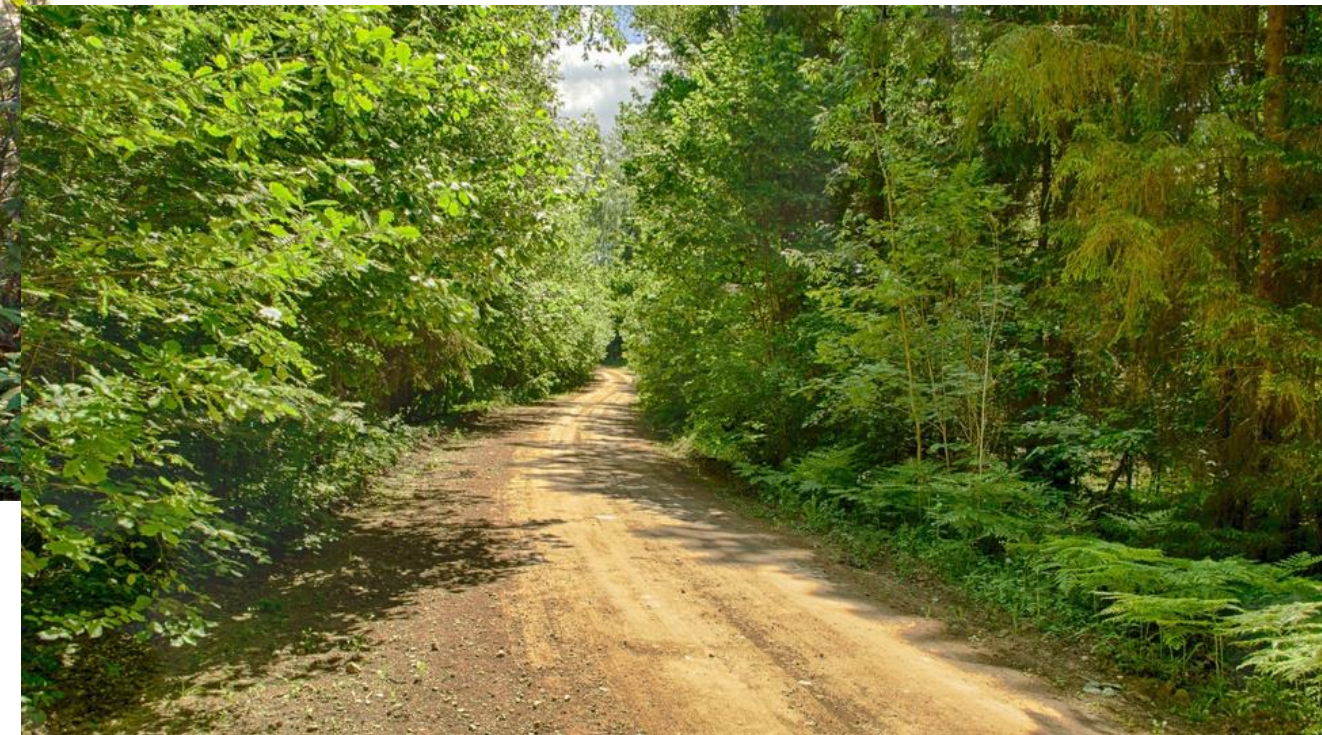


The brain is a **network** of neurons

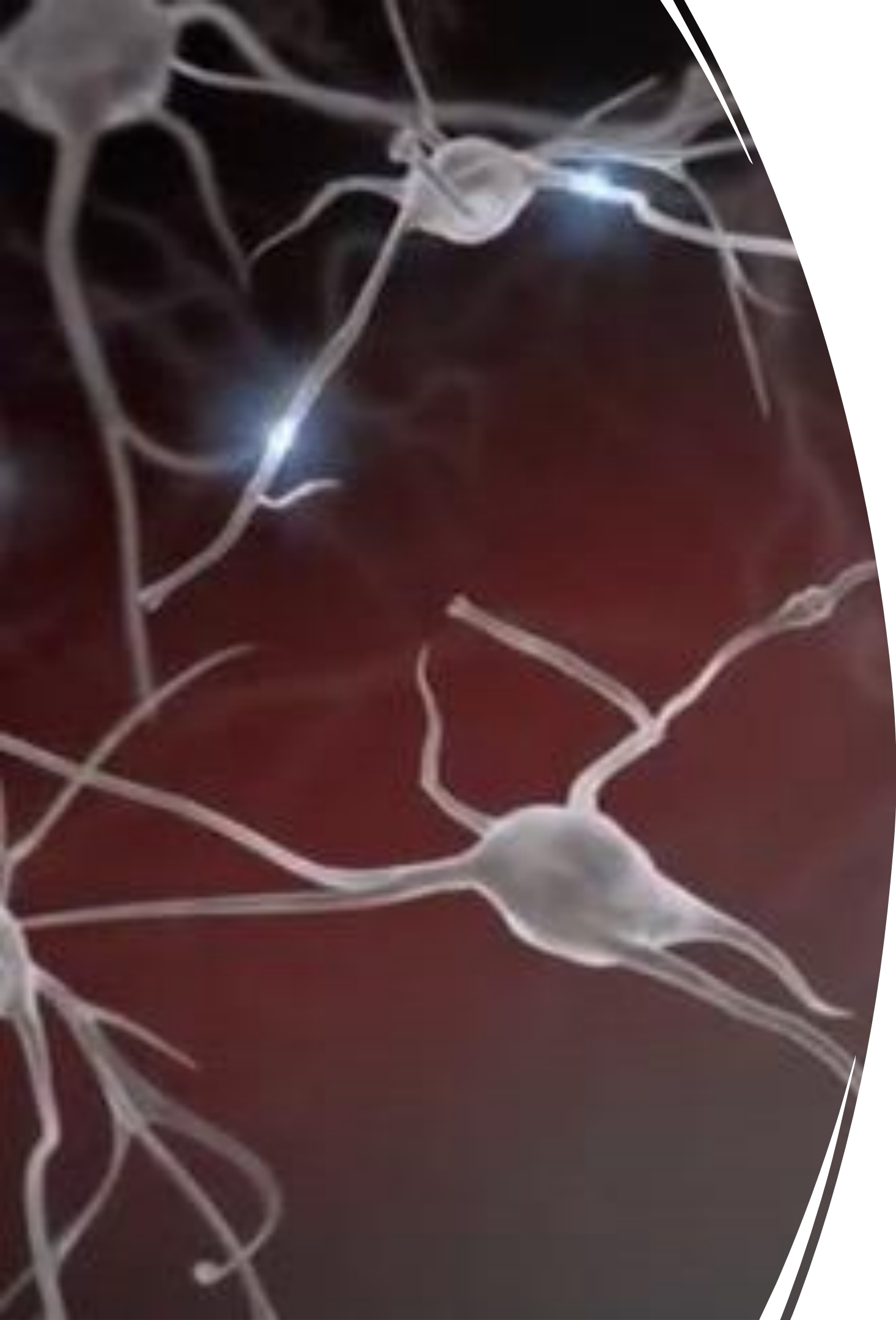


Neurons join together to make **pathways**

The more you use a pathway the stronger it gets.



Experiences strengthen a pathway in the brain.



The brain is plastic... it is **shaped and changed by experiences.**

This is called **neuroplasticity.**

Plasticity is greatest in **early childhood and adolescence.**

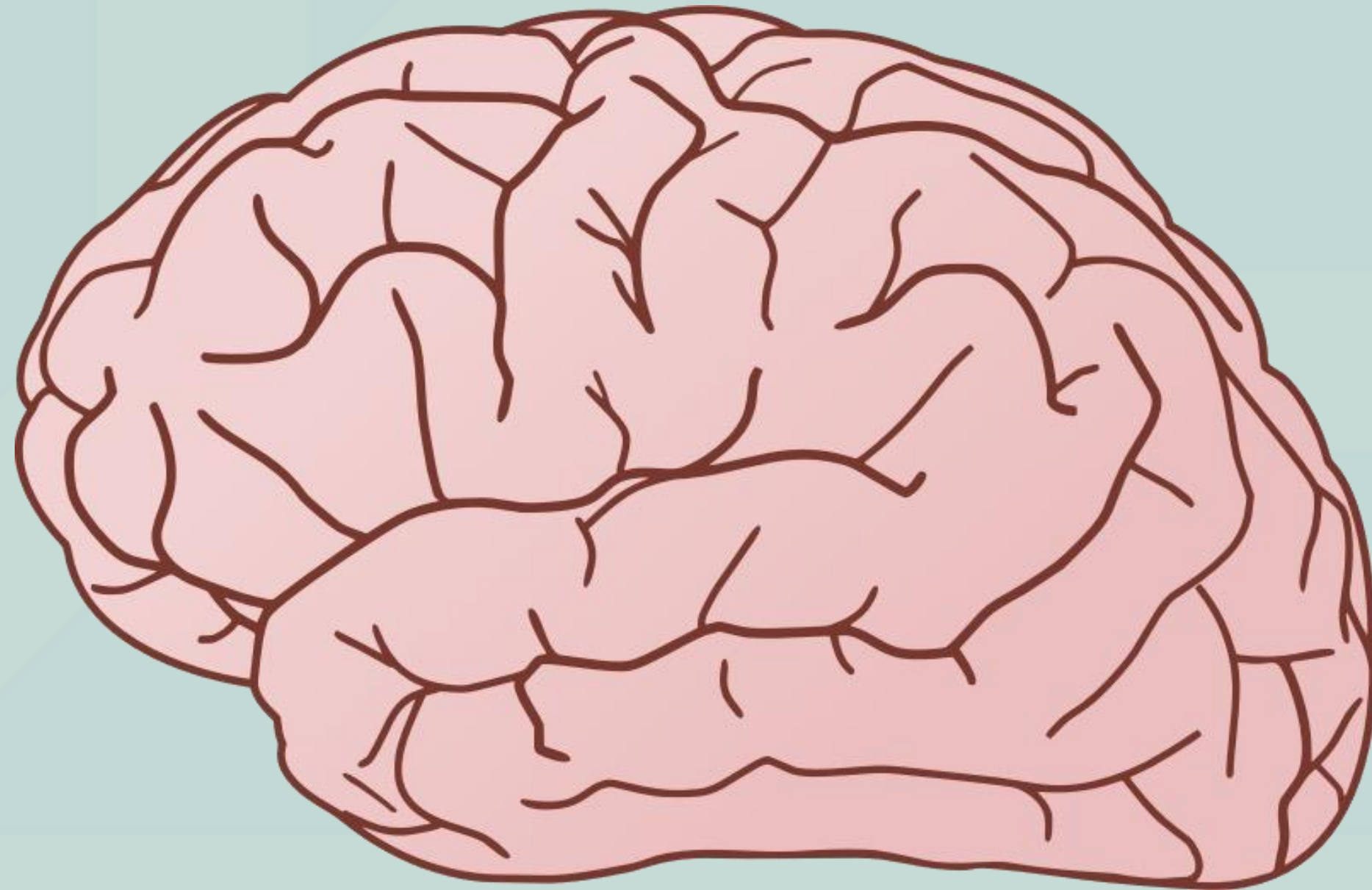


- 🧠 The brain grows fastest in the first few years of life.
- 🧠 Experiences decide which pathways form and remain.
- 🧠 The brain is like a plant – it needs ‘nurturing’ or care to grow as healthily as possible.
- 🧠 Experiences in our early years can have a life long effect.

Brains are built bottom up



How can you shape brain development?



Shaping the early brain

**Be engaged, attentive
and present**

**Serve and return
interactions**





The brain changes when we repeat experiences



+



+



+



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Shaping the growing brain



Evie

Talk to a baby
Use baby talk!

Join in with play. Encourage
them to explore new things.



Tam

Be kind. Babies learn from
other people's behaviour!



Ben

Repeat everything... it is how the
brain learns!



Millie

Feed them healthy food.



Teigan



Tyrell

Read with them! Let them
interact with the book.

Help them identify what
is safe and what isn't.



Pat



Your role is so
important



Experiences matter
Whose brain will you shape?



The SEEN Programme:

Interested in piloting our free brain development resources? Email: seen@kindredsquared.org.uk