

Child Brain Development



GOOD NUTRITION LEADS TO MORE STABLE MOODS, INCREASES IN ABILITY TO PAY ATTENTION, AND IMPROVED MEMORY.



LOVING AND CONSISTENT CARE-GIVING LEADS TO A BRAIN THAT HAS AN ABILITY TO LEARN TO DELAY GRATIFICATION, PROBLEM SOLVE, AND HAVE EMPATHY FOR OTHERS.

Brain

Nutrition

Social/Emotional

at birth, the brain has 100 billion brain cells called neurons

the brain grows 1.7 grams a day during baby's first year

60% of an infant's energy intake from food is used for brain growth

babies need loving interaction, touch, and parents that are tuned into their needs, as much as they need nutrition

0-1 years

communication across different regions of the developing brain occurs most rapidly during the first two years of life

by age two, the brain reaches about 75% of adult weight

DHA, an omega-3 fatty acid, and choline, an essential nutrient, are critical building blocks for the developing brain

by age one, infants typically understand about 70 words, but speak only a handful of them

at this age, toddlers become increasingly independent and interested in new things

1-2 years

toddlers have more than 100 trillion cell connections called synapses. At age two, the most they'll ever have in their life.

by age two, the brain structure has the overall appearance of an adult brain

Calcium and vitamin D, which promote calcium absorption, help strengthen bones and teeth.

at 18 months, a toddler's spoken vocabulary starts to expand. They add one new word every two waking hours.

toddlers imitate behavior of others, especially adults and older children

by two years most toddlers have a 300-word vocabulary and are putting together simple two word sentences

2+ years

Brain Development And Behavior

G Orfield



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