

Brain Development Babies and Teens

Your child's body grows better when you give your child good food.

Your child's brain develops better when you respond, cuddle, relax, play and talk with them every day.
Every experience that your baby has shapes their brain & the most important thing in your baby's life is you!

Did you know.....in the first year of life, your baby's brain doubles in size

Did you know by their first birthday, their brain is two thirds the size of an adult brain

Did you know.....what happens in the first 1001 days include **pregnancy** and the first two years of a child's life lays the foundation for every child's future health, wellbeing and learning

Did you know....the second period of rapid brain growth is your child's teenage years. This helps to explain why for some families, this is a particularly challenging time!

Baby Brain

All babies are born with an underdeveloped brain.

Of course the basics are there - controlling breathing, heart, ability to suck, cry and other bodily functions.

Everything else has to be learned - that's where you come in!

Here in Solihull we recommend that parents do the following five things each day to help to grow and develop their baby's brain

respond, cuddle, relax, play and **talk** with them.

Please follow this link for ideas and activities that you can do with your baby around these five basic building blocks: - <https://www.solgrid.org.uk/fivetothrive/home/new-baby/>



Teenage Brain

Our brains continue to develop well into our late teens and beyond to 25. The area of the brain that controls reasoning, and helps us think before we act, is still changing and maturing well into adulthood.

When we think of some of our teen's behaviours and challenges, this really helps to explain things!

There is a lot more information about baby and teen brain development as well as useful information for teens here:

<https://solihullapproachparenting.com/free-downloads/>

For more information about parenting support available, please contact the Parenting Team via our Facebook page or by email to bsmhft.parenting@nhs.net

Parenting themed tweets can be viewed on our Facebook page - Solihull Parenting Team or via the school nurse twitter feed: @SolSchNurses

