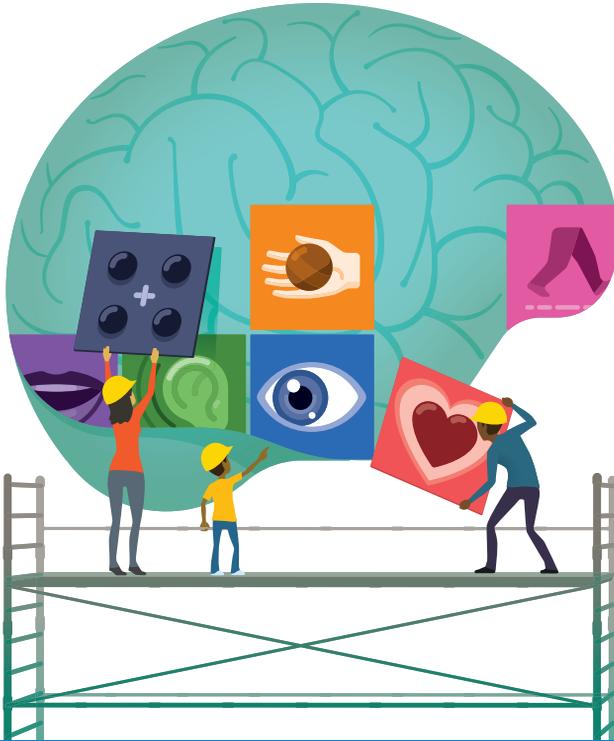


BRAIN ARCHITECTURE

Early experiences build brains



Contrary to popular belief, the structure of our brains as they develop in early childhood is determined by more than just our genes. The experiences we have in the first years of our lives also affect the physical architecture of the developing brain.

Because brains are built in stages, with more complex structures built on simpler structures, it's crucial to get the early years right. Just as a house needs a sturdy foundation to support

the walls and roof, a brain needs a good base to support all future development.

Building better brains is possible by exposing children to positive, nurturing interactions at a young age. These positive experiences are the bricks that build sturdy brain architecture, leading to improved learning and behaviour as well as better physical, mental, and social wellbeing throughout life.



BUILDING BETTER BRAINS

We all have the tools to help build better brains. By understanding the science behind brain development we can take action that will improve our physical and mental health and reduce risk for addiction across the lifespan.



AlbertaFamilyWellness.org/BrainArchitecture