FOR IMMEDIATE RELEASE
For more information, contact Michelle Broxterman
Family and Child Development Extension Agent, Wildcat Extension District
mbroxterman@ksu.edu  (620) 724-8233

Maximizing Brain Development in Early Childhood

The first few years of a child’s life are more than just cute giggles and messy meals. They are a crucial time for brain development. Ninety percent of brain development occurs by age three. During this time of rapid growth, millions of connections are forming in a child’s brain. Healthy brain development in young children is rooted in their experiences. Adults can positively impact a child’s brain development by providing a safe, stable, and nurturing environment.

Here are some important ways to help a baby’s brain develop:

- Pregnant mothers should eat nutritious foods, avoid alcohol, tobacco, and other drugs, and have prenatal checkups. Brain development begins very soon after conception.
- Create a safe and secure environment. When a baby feels safe and their caregiver responds to them, they live in low stress conditions that aid in healthy brain development.
- Respond consistently and lovingly to a baby’s cries.
- Talk to your baby and copy the sounds they make. Face-to-face interaction builds the brain connections for language development and healthy emotional bonding.
- Read to your baby beginning at birth. Hearing someone read helps develop language connections. Reading also provides a regular opportunity for bonding and positive interactions.
- If you utilize childcare, select a high-quality provider who will interact with your baby lovingly and provide a safe, clean, and secure environment.


For more information contact Michelle Broxterman, mbroxterman@ksu.edu, (620) 724-8233.

# # #

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Director of K-State Research and Extension, Kansas State University, County Extension Councils, Extension Districts.