



Sing with your child

Talk and play together

Ask for help when you are stressed

Read, cuddle and care

Trust yourself!

A Healthy Start,
Let's Make It Happen!



Research shows that significant brain development takes place in the first six years of life and sets the foundation for learning throughout our lives.

Children's brains develop best in strong, nurturing relationships.

These relationships buffer toxic stress, and include a "serve and return" process where children's attempts to interact with adults are met with attention and returned, much like serving and returning a ball in a game of tennis. When children lack these enriching interactions, they have less opportunity to develop their brains in critical ways.



As a community, we all have a role to play to ensure children have environments and experiences they need to help them learn, develop and thrive.

To find out more go to www.successby6edmonton.info





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