

BRAINS AREN'T JUST BORN. THEY'RE ALSO BUILT.

Help Children Build a Foundation for Lifelong Health

Science tells us that the experiences we have in the first years of our lives actually affect the physical architecture of the developing brain. Visit us online to find out how we can build better brains in our communities.



AlbertaFamilyWellness.org

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BUILDING BETTER BRAINS

EXECUTIVE FUNCTION

The "Air Traffic Control" Centre of the Brain

Executive function is a group of skills that help direct mental traffic in the brain. It includes the ability to pay attention, plan ahead, cope with frustration, regulate emotions, and follow the rules. Visit us online to learn how we can help kids build a solid brain foundation for executive function skills.



BUILDING BETTER BRAINS

SERVE AND RETURN

Positive Interactions Build Strong Brain Architecture

Kids naturally reach out for interaction, which is like a "serve" in a game of tennis. When a caregiver "returns" the serve by responding to the child, it strengthens healthy connections in the child's brain. These serve and return interactions are the bricks that build a healthy foundation for all future development.



TOXIC STRESS CAN DAMAGE THE BRAIN

But Prevention and Repair are Possible If We Work Together

Exposure to prolonged abuse or chronic neglect, called "toxic stress," can cause physical changes in a child's developing brain similar to faultlines in the earth. Left unchecked, these faultlines can trigger severe problems later in life, including addiction and other mental health problems. Visit us online to learn how we can work together to prevent or repair damage caused by toxic stress.



RESILIENCE

We can tip the scales towards good health and wellness.

Resilience is made possible by healthy brain architecture, which develops gradually as genes and life experiences interact. A resilient person has the ability to stay healthy even in extremely stressful circumstances. Together we can build the foundations of resilience in children or adults by ensuring that positive supports outweigh negative experiences. Visit us online to learn about the brain's role in resilience—and how you can tip the scales in favour of better lifelong health.

AlbertaFamilyWellness.org/Resilience

