

# LOVE MATTERS IN THE EARLY YEARS

## Your child's brain develops more in the first five years of life than at any other time

Brains grow and adapt based on our experiences and interactions with those around us. The most important people for babies and young children to interact with are the adults who care for them.

## The power of love

As a parent, you might worry you aren't doing enough for your child, but showing your children that they are loved is the most important thing you can do. Your love and care will strengthen their mental and physical health for their lifetime, and will give them secure foundations for future relationships.



## Communicate both ways

Adults and children grow and learn together. Your baby learns how to communicate through sounds, expressions and actions. As a carer or parent, you learn how to interpret and respond to them. Sometimes this can feel difficult, but that is normal and part of the journey.

## Relationships are the key

Providing positive relationships is the most important thing you can do to support your child's development. You are likely already doing a great job of this without even knowing!





# LEARN MORE ABOUT HOW LOVE BUILDS YOUR CHILD'S BRAIN

The QR codes below link to videos with more information about early years brain development and tips for parents and carers.

## Big little moments

How to make the most of little moments in life to nurture your child's brain.

From Blackpool Better Start.



## The explainer series

These short videos explain how interactions between children and adults influence your child's development.

From the Royal Foundation's Centre for Early Childhood.

