

Brain Building for Logan

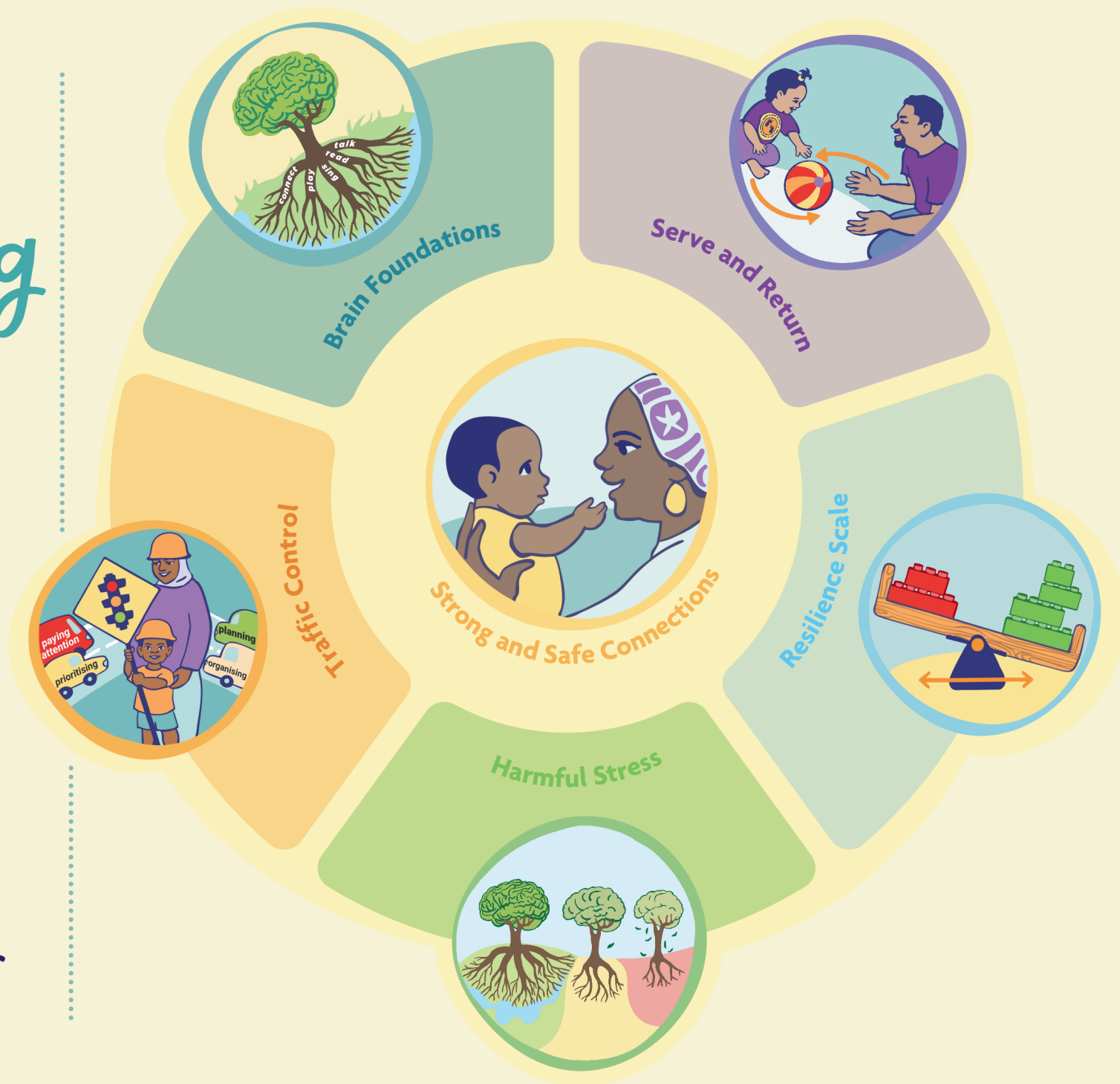
Our brains are incredible!

In the first few years of life, a child's brain builds over a million new connections every second.

These connections help children grow healthy brains, strong bodies, and good relationships. But they can't do it alone — the people and experiences around them make a big difference.



Find out more





Strong and Safe Connections

A child who feels safe and loved learns to trust and explore. They navigate their world with confidence, knowing they can return to their strong and safe connections.



Brain Foundations

Much like a strong and healthy tree grows over time, strong and healthy brains are built over time. They are built from the bottom up and just like a tree they require a sturdy foundation through strong roots to support all future development.

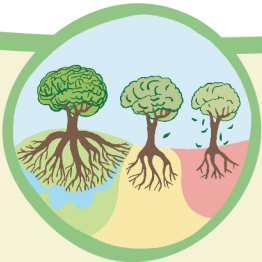


Serve and Return

Positive back and forth interactions between caregivers and children (e.g. smiling, cooing, hand movements, eye contact, and talking) strengthen brain connections.

Harmful Stress

How we experience stress is different for each of us. This is the same for children. Harmful stress happens when there is intense stress that lasts too long and there is a lack of strong and safe connection. It makes the roots of the tree less sturdy and stable, and can impact on how a child thinks, feels, and grows.



Traffic Control

Traffic control is how we manage our thoughts, actions and feelings. It includes planning, organising, paying attention, and prioritising tasks. These skills are called executive function. Self-regulation is our ability to manage our feelings.



Resilience Scale

Resilience is our ability to adapt and remain healthy when we face challenges. It can get stronger or weaker over time based on our skills, experiences and/or environments.



We are all brain builders.

This brain building resource was developed by and for Logan's people.

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