



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.

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Brain Building
for Logan

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Brain Foundations

Think of a child's brain like a tree. Every time you talk, read, sing, play and connect with children the roots of their foundation grow deeper.

People who help connect children to culture, community, positive experiences and the environment also help build strong roots.

Brain Foundations can also be known as *Brain Architecture*.

For First Nations people these foundations are nurtured through kinship and story - connections guide children's growth for generations.

For Logan's diverse families being connected to culture and language can also build strong roots.



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.*

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Strong and Safe Connections

- Strong and safe connections contribute to happy, healthy children.
- Strong relationships grow strong roots to build strong brains. Talking, yarning and playing face-to-face with babies and children helps build the relationship and connection and deepen the roots of the brain foundations tree. Doing this in nature is beneficial for everyone.
- Sometimes strong and safe connections can be interrupted when adults are busy or overwhelmed. If this happens, it's ok. Spending time talking, yarning and playing as soon as possible after this interruption will help repair the strong and safe connection.



Find out more





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.

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Serve and Return

Starting early and often, two-way talking, yarning and interacting grows a happy, healthy brain. This can start from when a baby is growing inside the womb.

Talking, singing, reading and playing with children at any age helps their brain grow. It's especially important in the first five years.

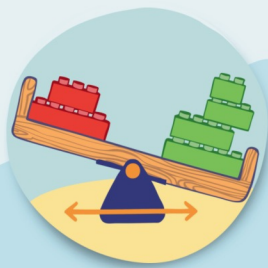
Children and adults using screen devices can get in the way of serve-and-return interactions. Time each day for two-way talking, yarning and interaction without screens helps build strong and safe connections and deepen the roots of the brain foundations tree.

For Logan's diverse families, serve and return interactions show children they are seen, valued and connected to family, culture, and community.



Find out more





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 our environments.

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Resilience Scale

The resilience scale can look like a see saw:

 Positive factors (green blocks) include strong and safe connections, stable and supportive relationships and environments.

 Negative experiences (red blocks) include harmful stresses such as abuse, neglect and mental illness. There are people around us who can provide support for negative experiences and they can add more positive factors.

 The base of the seesaw (triangle) moves left or right based on our skills and abilities. This changes how the seesaw moves with the weight of the blocks.



Find out more