

Play Is The Way To Develop Brains Best

A child's brain continues to develop long after birth and the term "brain development" refers to more than how smart a child is. This is about the important growth that takes place in the brain. The experiences a child has in the first few years contribute directly to the connections between brain cells, which create the foundation for learning, health, relationships, and self-perception in life.



The essential connections made through lots of opportunities to play, influence everything from language development, physical abilities, problem solving, self-regulation and overall well-being. Play is the way the brain learns best. When a child is using several senses, exploring, paying attention, and is trying things out in different ways, brain connections are actually changing... and the child is learning! A child needs to participate... not watch. The brain also needs trial and error, movement and a lot of repetition in fun and interesting ways. All of this is provided through play.

It is very easy to provide positive experiences in everyday life to stimulate a young child's Neuro-Nurturing ...

ROLL AWAY

Fill two empty plastic beverage bottles with water. Fill one only halfway. Leave a third one empty. Show me how to roll the bottles on the floor and see the differences in how far they roll.

For more fun, fill bottles with rice, salt, or sand.

Brain Insight:

I don't learn as much when I am just watching something. To learn best I need to be involved with, experience and compare real objects.

(From the: [More To Do While I'm Two](#), Neuro-Nurturing Interaction Packet)