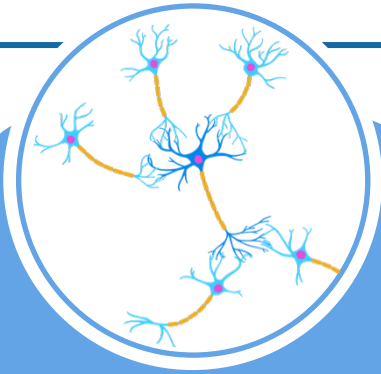
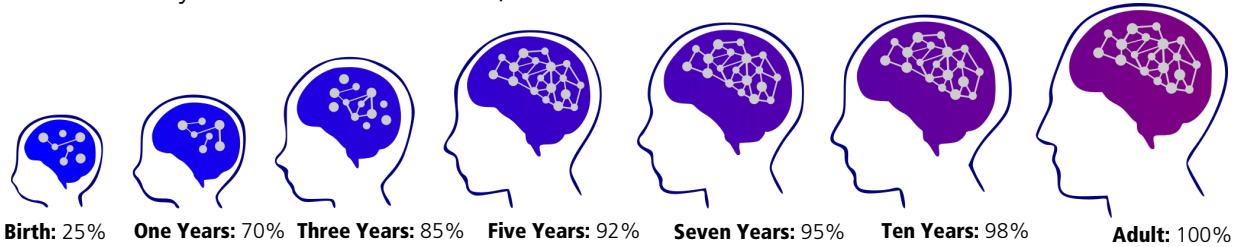


# Why the First 2000 Days Matter: A Look Inside the Brain

In the first five years of life, the brain grows faster than any other time during life.  
By the time a child is five, the brain has reached 92% of its adult size.



## The Take-Home

Early experiences drive brain development, shaping how the complex neural network grows and interconnects. The moments and interactions we share with others early in life that set the foundation for the rest of our lives.

Want to  
Learn  
More?



## Science Says

- Brains are built. An enormous amount of brain development occurs in the first five years.
- Early childhood experiences shape the physical development of the brain.
- The strength of connections formed in a child's brain depends, to a certain extent, on the frequencies of experiences they have in their lives.



## Try it at Home

- Brain development is fast in the first five years of life! Babies are born ready to learn about the world.
- Babies love to play and learn through movement. Use your baby's legs and feet to gently tap out the beat while singing a song.
- Begin talking with your baby early. Engage in conversation with your baby by responding to coos and gurgles. Tell baby what you are grocery shopping for, or what you hear and see on your walk.