

Brain Development—How you can help your child learn and grow.

Frontal Lobe—Concrete Thinking (3 to 12 years)

Have me sort and categorize objects.

Encourage problem-solving. Let me be frustrated sometimes as I figure something out.

Help me notice patterns. (“When you do X, this always happens.” “After we do Y, we always...”)

Prefrontal Cortex—Judgment (12—22 years)

Give me choices (when I’m calm... I can’t make choices when I’m stressed or upset).

Talk to me about plans.

Help me break down big tasks into little steps.

Thought,
memory and
behaviour

Hearing, learning
and emotions

Temporal Lobe (Birth to 6 years) and Limbic System (8 months to 2 years)

Respond in consistent ways.

Show me unconditional love.

Experience joy with me.

Talk to me about my emotions. Give me the vocabulary to understand how I feel.

Parietal Lobe—Language (Birth to 6 years)

Talk to me, sing to me, read to me.

Listen to me and respond.

Read the same stories or sing the same songs over and over so I learn to memorize.

Parietal Lobe—Touch (Birth to 6 years)

Touch me—hug me, hold my hand, massage me.

Give me lots of objects to manipulate.

Let me explore the world hands-on—pulling, pushing, pouring, picking up, dropping, turning, twisting, opening, and closing.

Language
and touch

Visual
processing

Balance and
coordination

Breathing,
heart rate and
temperature

Occipital Lobe (Birth to 2 years)

Surround me with interesting things to look at.

Play games where I follow things with my eyes.

Make sure I have plenty of outdoor time to develop distance vision.

Cerebellum (Birth to 1 year)

Let me move—a LOT.

Take me to playgrounds and swimming pools..

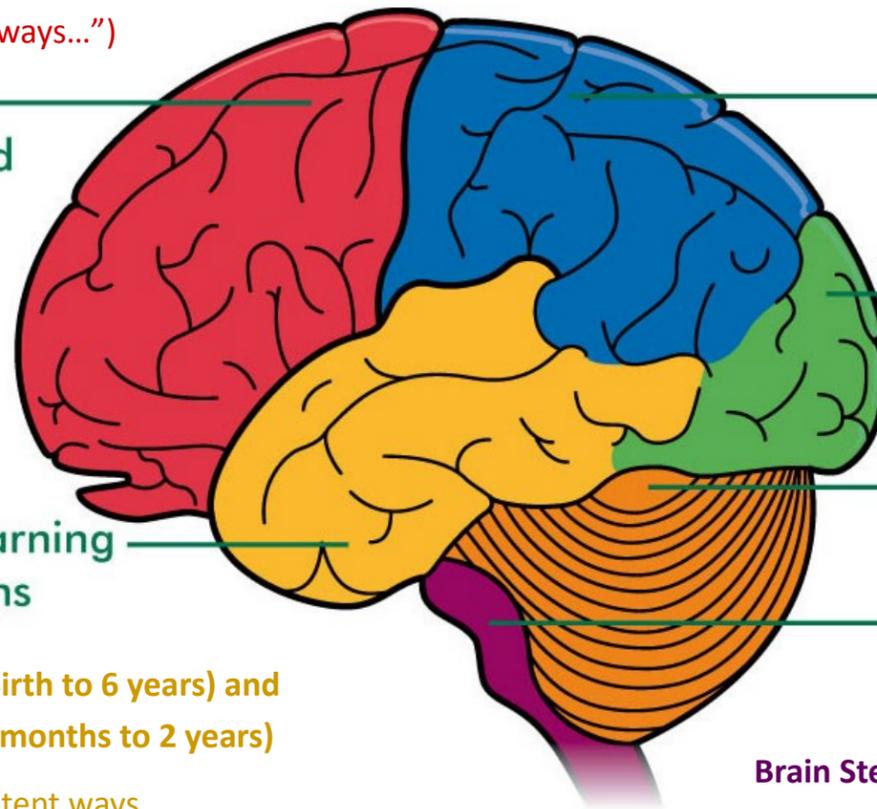
Dance with me. Let me wiggle, roll, and jump.

Let me take some “risks” while I learn to move.

Brain Stem (Birth)

Help me feel emotionally and physically safe.

If I am frightened or stressed, my brain goes into survival mode (brain stem function), and the rest of my brain can’t grow and develop. When I feel safe, I can learn.



Note: Timeframe given is the “sensitive period” when that part of the brain is growing and developing the most. The brain grows and changes throughout our lifetimes.