

— CONNECTIONS MATTER —

80%

OF BRAIN GROWTH
HAPPENS IN THE FIRST

3 YEARS
OF LIFE.



CARING INTERACTIONS DEVELOP POSITIVE BRAIN CONNECTIONS THAT IMPROVE:

Mental and physical health • Thinking and learning • Managing stress



THRIVING INDIVIDUALS

DEVELOP SUPPORTIVE
RELATIONSHIPS THAT
HELP PEOPLE COPE
AND HEAL.



AS A RESULT,
COMMUNITIES GROW STRONG,
SAFE AND SUCCESSFUL.



BUT STILL TODAY



Individuals are more isolated
than in previous times



Without support,
people find unhealthy
ways to cope




Ongoing stress can lead to
poor health and well-being

WHAT'S YOUR CONNECTION?

 Reach out to
a neighbor

 Spend time with a child
without electronics

 Listen to
someone's story

 Make a meal
for a parent