

Parent
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Baby Brain Facts

“Every second a baby’s brain is making between 700 and 1,000 new connections among brain cells. *Every second!* ... Don’t underestimate how much is going on in the lives of young babies. Don’t underestimate how much the brain is responding to everything that’s going on around it.”

Jack P. Shonkoff, MD
Director, Center on the Developing Child, Harvard University

“A three-year-olds brain is twice as active as your and my adult brain. We don’t see behind their sweet lovely faces just how much activity is going on.”

Pia Rebello Britto
Global Director, Early Childhood Development, UNICEF

“We often say that young toddlers have trouble paying attention. What we really mean is that they have trouble *not* paying attention. So what they’re doing is being very, very sensitive to all of the patterns of information around them. Then they’re taking that information and putting it to use in trying to solve problems and figure everything out.”

Alison Gopnik Ph.D.
Psychologist and Researcher, University of California

“Brain development is influenced as much by the environment as it is by genetic factors ... This whole debate about ‘Nature vs. Nurture’ or ‘Genetics vs. Environment’ is over. It’s not one or the other, it’s both... The experiences a young child has *literally* got under the skin and into the brain, and they affect how brain circuits are made.”

Jack P. Shonkoff, MD
Director, Center on the Developing Child, Harvard University

Quotes collected from the documentary “The Beginning of Life: The Series”

Why do children need boundaries?

Today, in many families, children’s voices or opinions are equal to those of their parents. There are some families where the child’s voice may actually take over.

And there are parents who may even fully sacrifice their own needs to make their children happy. They’re ready to adjust their plans and routines according to the demands and whims of the child.

While previous generations focused mostly on children’s behavior, today’s parents focus more on children’s emotions. But although it’s extremely important to hear and validate children’s feelings, parents still need to be in charge **of creating a secure and stable environment for their kids.**

Remember that you, as a parent, are **responsible for setting healthy boundaries** in the household to create an environment where your children can be heard and encouraged to develop self-awareness, patience, empathy, and more.

Information taking from [Calmermy blog](#)

Nutrition Importance

Healthy nutrition is key as your child grows and develops. Nutritious meals and snacks fuel their growing bodies and nourish their minds, helping them concentrate and learn effectively. Encourage balanced meals rich in fruits, vegetables, whole grains, and lean proteins to instill lifelong healthy habits. Good nutrition also supports your child’s immune system, keeping them strong and ready to tackle new adventures in life.

Parent Page edited by Cheryl Chinn