



## Tips for Growing Your Baby's Brain

### Tip #10: Protect Baby from Stress and Trauma

Trauma, stress and fear are enemies of healthy brain development for babies and young children. Your baby is born with 100 billion brain cells. As your baby begins to experience life, brain cells start to connect with each other. This is how a brain is built.

Calm, comforting, nurturing experiences with a loving adult repeated day after day "hard wire" secure emotions and the ability to relax into your baby's brain.

But if a baby repeatedly experiences stress, fear or trauma, stress hormones produced in the baby's body can actually destroy brain cells and permanently limit the development of the baby's brain.

Experiences such as shaking, abuse, rough handling, yelling, or being around violence can "hard wire" fear and confusion into a baby's brain and lead to long-term emotional, learning and behavior problems.

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Being sensitive to a baby's needs means everything to a growing brain.