**The Human Brain As A New City -**

**Parents Help Build the Roads!**

When we are born, our brains come supplied with everything we need, like a city with buildings, cars, houses, factories, farms, churches...***but no roads***.

We learn how to get from one place to the other through exploration, or by learning from others.

Here is a way to explain the need for vast experiences as well as repetition when discussing brain development with parents.

A parent’s role is to help children make the roads.



Those roads become cemented by ***repetition***. The roads that are never used again, disappear, like a path in the grass.

*This helps to explain why kids need so much repetition, and why they need their parents to be their first teachers, taking them places, talking to them, giving them names for things and making connections among different experiences.*

For further information on brain research and healthy development in children, please refer to the Canadian Institute of Child Health’s website at www.cich.ca