Building Blocks of the Nervous System

HOW YOUR CHILD'S BRAIN DEVELOPS

Your child's nervous system is like a team that works together to help them move, think, and feel emotions. Let's break down the main parts that make it all happen!

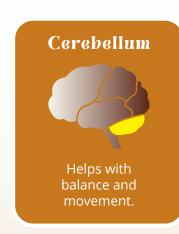


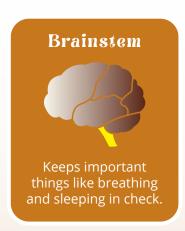
The Brain

THE COMMAND CENTER

The brain is the command center, controlling everything. It has different areas, each with its own job:









Your child's brain grows faster during the **first five years** of life than at any other time.1









The Spinal Cord THE INFORMATION HIGHWAY

The spinal cord is the information highway, connecting the brain to the rest of the body. It helps in:



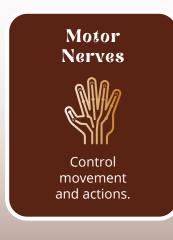


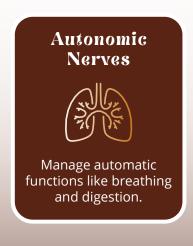


Nerves THE MESSENGERS

Nerves act like messengers, carrying signals to every party of the body. There are three types:







How They Work Together

Here's how the brain, spinal cord, and nerves team up step by step:



Brain sends a signal.



Spinal cord passes the message.



Nerves deliver instructions.



reacts.

Body

Tips for a Healthy Nervous System

2. Plenty of Sleep: Ensure enough naps and regular sleep times.

1. Healthy Nutrition: Provide DHA-rich foods for brain development.

- 3. Gentle Touch and Tummy Time: Promote motor skills and neural connections.
- **4. Pediatric Chiropractic Care:** Supports nervous system alignment and healthy function. **5. Interactive Play:** Use sensory toys to stimulate brain growth.

