

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:

Cerebrum



Handles thinking, learning, and decision-making.

Cerebellum



Helps with balance and movement.

Brainstem



Keeps important things like breathing and sleeping in check.

Did You Know?

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:

Carrying Signals



Sends messages between the brain and the body.

Movement Control



Helps coordinate movements like walking or reaching.

Sensory Response



Allows the body to feel sensations like touch and pain.

Nerves THE MESSENGERS

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

Sensory Nerves



Feel sensations like hot, cold, or pain.

Motor Nerves



Control movement and actions.

Autonomic Nerves



Manage automatic functions like breathing and digestion.

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.



Body reacts.

Tips for a Healthy Nervous System

1. **Healthy Nutrition:** Provide DHA-rich foods for brain development.
2. **Plenty of Sleep:** Ensure enough naps and regular sleep times.
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.

