

# Every Second Counts!

Starting at birth, the brain has nearly 100 billion neurons. More than one million neural connections are formed every second in the first few years of life, reaching about 100 trillion by age three.

Each and every connection represents learning in one way or another. They cry out for quality and are strengthened by repetition. As the baby grows, receiving a flood of sensory input, neurons get wired to other neurons. Different stimuli establish different connections and they all represent learning, good or bad.

This process is rapid-fire from the start and slows down into adulthood.



## What Is a Parent To Do?

Provide an optimal environment at all times! It begins with **love** and then everything else flows from there. **Talk, talk, and talk** some more as you **hug, touch, and play**. All children thrive on love because it is **open, honest,** and most of all, **fun**.

Every child is entitled to have the finest experiences, and every parent should know how to provide them. There is not a moment to waste.



Year-round parenting classes at the Fountain Hills Community Center  
with Sally Goldberg, Ph.D., Professor of Education  
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