



Early childhood experiences shape the brain's foundation. Positive interactions, learning opportunities, and nurturing care make a big difference!

Why These Days are Vital for Your Child:

- The brain is the only organ not fully developed at birth.
- Every new experience forms new connections.
- In the early years, children gain over a million new connections in their brains each second.
- The more these brain connections are used, the stronger they get.
- These connections are the foundation for a child's entire future.

90% of a child's brain is developed within the first **2,000 days** of his or her life.





A Strong Foundation is Built in the First 2,000 Days



Good Health: Children's health and development, Beginning at Birth



Strong Families: Supported and Supportive Families and Communities



Quality Early Learning: High-Quality Birth-through-Age-Eight Learning Environments with Regular Attendance

Daily Activities Shape Your Child's Future

- Playing with others creates language and skills and improves teamwork.
- Making up games develops negotiation skills.
- Creating rules develops ethics.
- Exploration develops creative thinking and problem solving skills.



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The First 2,000 Days is an initiative of the North Carolina Early Childhood Foundation. References for all statistics are available online at www.first2000days.org