

"Every System that touches the lives of children offers an opportunity to strengthen the foundations and capacities that make lifelong healthy development possible"

The Foundations of Lifelong Health Are Built in Early Childhood, Harvard University

Key messages about early child development

- 1. Building the architecture of the brain is an ongoing process, a strong foundation is essential
- 2. Brains are built from the bottom up, simple before more advanced
- 3. The interaction of genes <u>and</u> experiences shape the developing brain, what we do matters
- 4. Brain development is interconnected with learning, behaviour, physical and mental health
- 5. Toxic stress in the early years of life damages the developing brain and leads to problems in learning, behaviour, and increased risk for physical and mental illness
- 6. By focusing on the early years ,and getting it right, we can decrease the risk of health problems in the future



Partnerships

• The Foothills Children's Wellness Network is a grassroots community initiative working to strengthen the abilities of parents, caregivers and communities to raise happy healthy children.

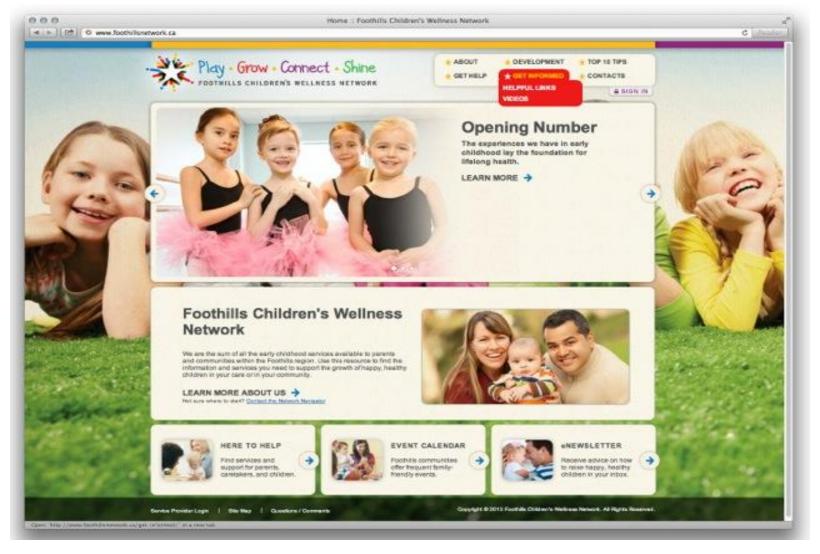


- Partnerships allow us to speak a common language so that families and communities get the same message multiple times in multiple formats
- Partnerships allow us to focus on a single cause in our community, to have many hands to do the work and to get the work done quickly to take advantage of the momentum

Strategies for promoting early child development

- Top Ten Tips for Building Healthy, Happy Families- is a core strategy with consistent language and a variety of deliverables that is being used in a multitude of ways by partner agencies and by the Network:
 - Bookmarks
 - Posters
 - Activity Sheets
 - 🧚 Radio spots
 - 🌃 Magazine inserts
- E news cards
- Navigator Cards





By providing support to young children and families that is grounded in the science of early childhood development, we can make significant and lasting improvements that will benefit all Albertans.

