Children need good food and healthy exercise for their bodies to grow strong. Research shows that brains need more than this to grow strong. Human beings need loving relationships for healthy brain development.

**What is it about loving relationships that helps brain development?**

There are five simple activities that parents do every day that help the brains of children to grow well. These have been described using five key words, one for each activity, so that we can notice this happening, and make sure our children get the brain food they need:

- **Respond**
- **Cuddle**
- **Relax**
- **Play**
- **Talk**

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