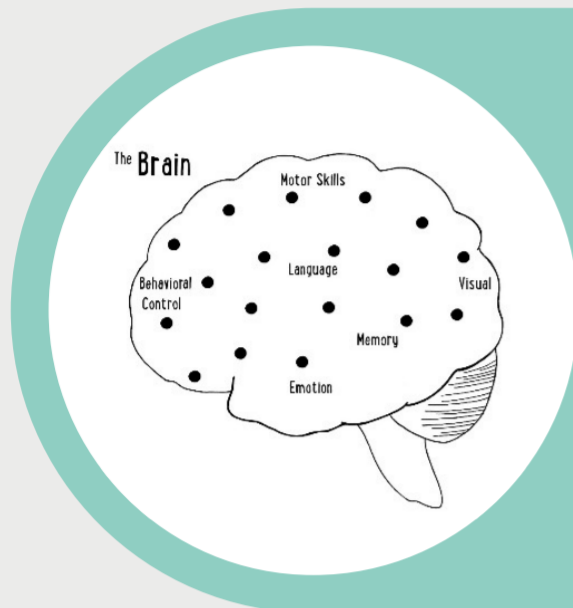


Toxic Stress and Brain Development



The images below show the impact that toxic stress has on a child's developing brain:

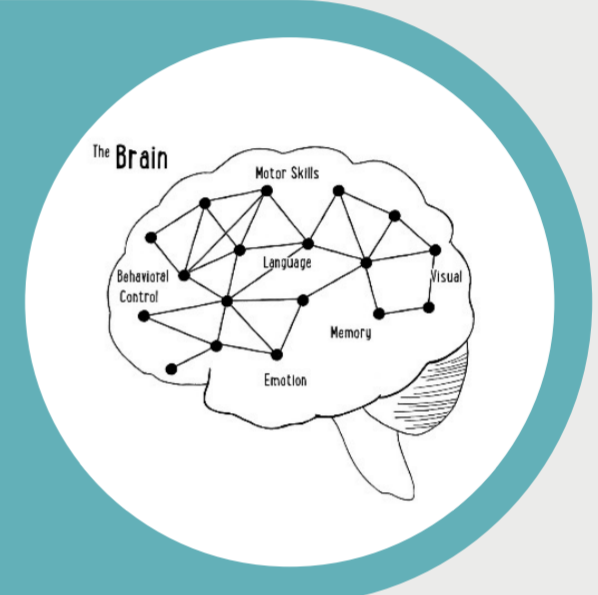


Neurons in the brain

There are neurons in different parts of the brain.

Neurons form connections

These neurons form connections as a child's brain develops, helping them to perform different functions like behavioural control, motor skills, language, visual, memory and emotion.



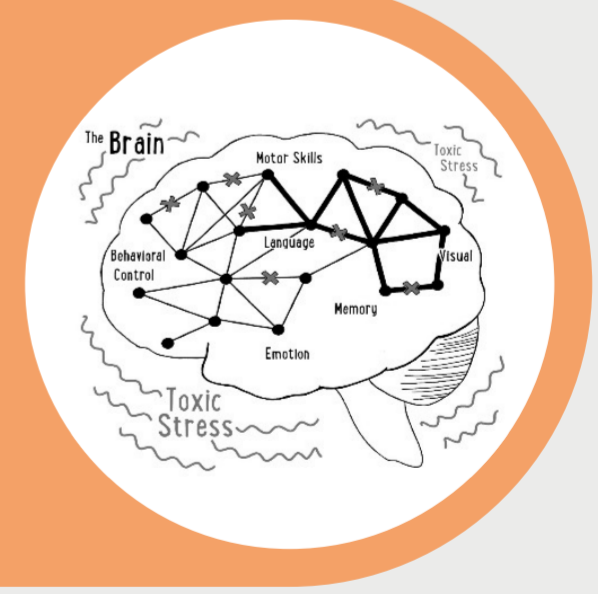
Healthy development

The brain develops in a healthy manner, strengthening the connections between neurons, when the following conditions are present:

- Safe, predictable and nurturing environment
- Supportive and consistent adult relationships

Severe adversity

When children experience severe adversity for a prolonged period, their brain development gets affected by this toxic stress, and the brain connections may start to break off.



Toxic stress

The stress created by exposure to prolonged adversity is called 'toxic stress'. Childhood is a time of rapid brain development. When children face severe adversity, it can cause damage to their growing brains.

