

# — CONNECTIONS MATTER —

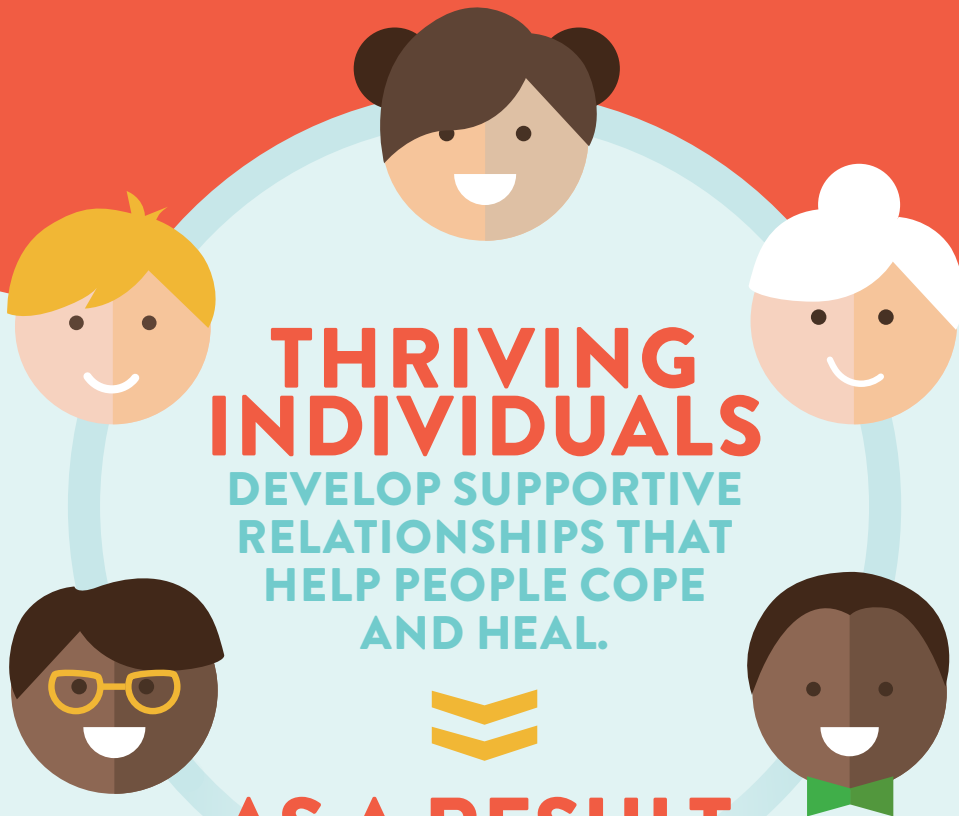
# 80%

OF BRAIN GROWTH  
HAPPENS IN THE FIRST  
**3 YEARS**  
OF LIFE.



## CARING INTERACTIONS DEVELOP POSITIVE BRAIN CONNECTIONS THAT IMPROVE:

Mental and physical health • Thinking and learning • Managing stress

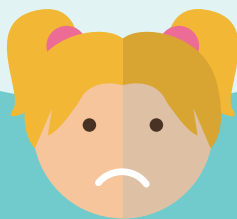


## THRIVING INDIVIDUALS

DEVELOP SUPPORTIVE  
RELATIONSHIPS THAT  
HELP PEOPLE COPE  
AND HEAL.



**AS A RESULT,**  
COMMUNITIES GROW STRONG,  
SAFE AND SUCCESSFUL.



## BUT STILL TODAY



Individuals are more isolated  
than in previous times



Without support,  
people find unhealthy  
ways to cope



Ongoing stress can lead to  
poor health and well-being

## WHAT'S YOUR CONNECTION?



Reach out to  
a neighbor



Spend time with a child  
without electronics



Listen to  
someone's story



Make a meal  
for a parent