



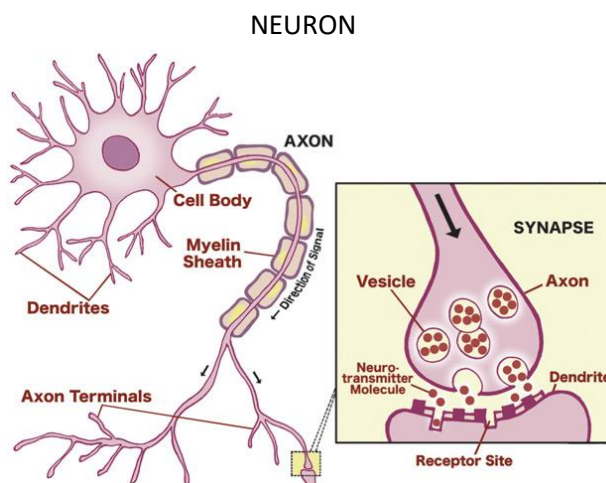
## Brain Fun Facts!

### How much does our brain weigh?

- At birth, our brains are about  $\frac{2}{3}$  or  $\frac{3}{4}$  of a pound
- An adult brain weighs about 3 pounds
- **Our brain doubles in size in the first 12 months and reaches 95% of its adult weight by 4 years old**
- What contributes to the weight of the brain? Dendrites!

### The brain is built on demand!

- Dendrites allow neurons to communicate with each other through a synapse or connection between neurons.
- A child's environment and experiences carry out the construction of the dendrites and strengthens the synapses/connections between neurons. **The more sensory opportunities we provide, the more dendrites will grow and stronger the synapses/connections will be!**
- In the first three years, a child's brain has up to twice as many synapses as it will have in adulthood.

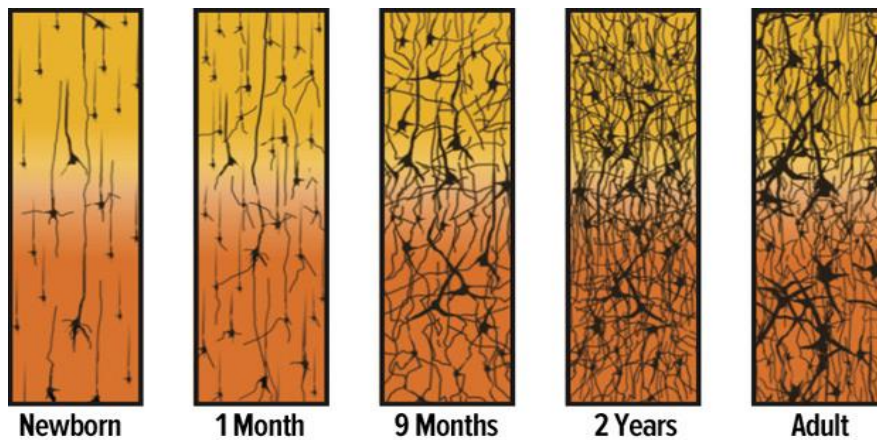


[www.urbanchildinstitute.org](http://www.urbanchildinstitute.org)



## Use it or Lose it!

- Throughout adolescence and adulthood, the brain goes through **synaptic pruning** where synapses that are rarely used are “pruned” from the brain, leaving behind only the more important synapses. This enables the synapses that remain to become stronger and the neurons to communicate more efficiently.



[www.urbanchildinstitute.org](http://www.urbanchildinstitute.org)

## Brain is built from the bottom up

