

Did You Know?

Overexposure to high levels of stress at an early age can disrupt normal brain development.



Severe, long-term stresses can become toxic when children do not have support to cope with them. Here are some ways to protect children from the dangers of toxic stress.

- Be loving, responsive, and supportive for children experiencing severe stress
- Provide a safe environment where children can relax and feel secure
- Encourage children to practice handling small, everyday stresses
- Teach children that they have the power to thrive, even under extreme stress



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Brains for
Babies

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