

Love



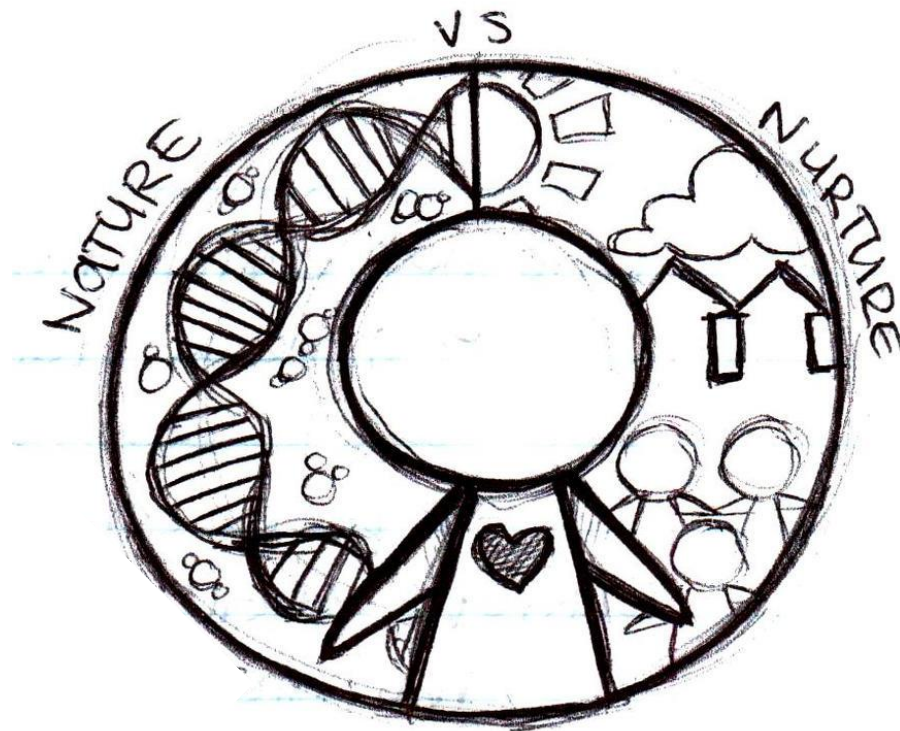
Thank You



I Hate You



Dr. Emoto's photographs of his water experiment -- Observe the crystal formation created after being exposed to the words "Love" or "Thank You" compared to the crystal formation of the "I Hate You" water. You can find more images from Dr. Emoto's experiment in his book, *The Hidden Messages in Water*.



Nature vs. Nurture



Nature



Biological factors



Nurture

Environmental factors



First

1000

days

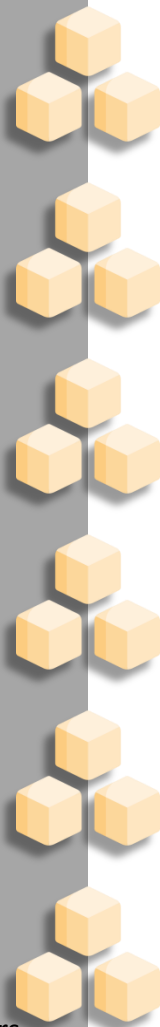
Brain Development

By the age 5 years –
90% Brain
Development



Impact of sugar on child





Lowers their concentration

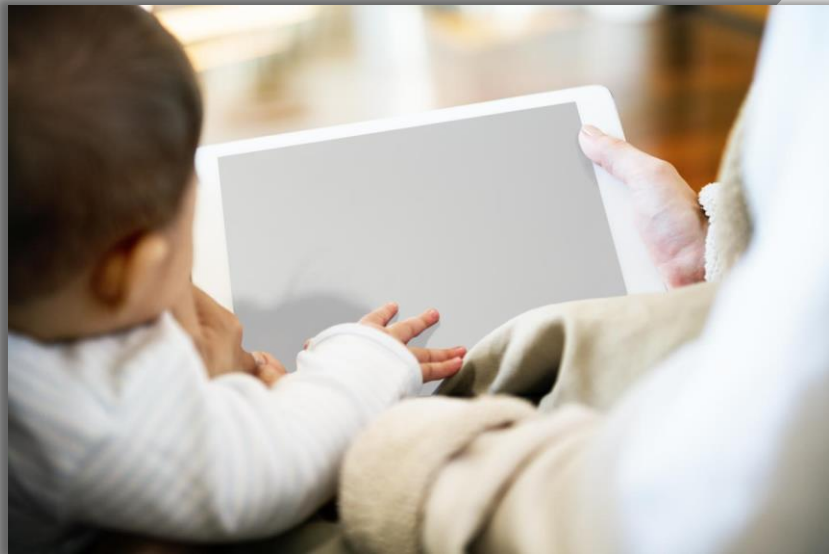
Suppresses their immune system

Causes stomach ache

May develop skin allergies

Can cause Learning Disabilities

Causes diabetes in early age



Impact of screen time



Affects their ability to learn



Hampers language development



Makes them impulsive



Reduces empathy



Impacts their physical health



Makes them addicted

Important things in these *1000* days

1

Build Attachment

2

Build Trust

3

Maintain Routine

4

Sleeping – Eating Schedule

1 Connecting

2 Talking

3 Playing

4 Healthy environment

**What we
can do in
these *1000*
days?**

Reading

Play

**Important
activities in
these *1000*
days**

Communication

Music

Exploration

Environment

**Children have never been very good at listening
to their adults, but they have never failed to
imitate them.**

- James Baldwin