- Parenting

Children may strengthen their parents' brains

Parenting is like a brain-training programme. Unique challenges that kids present to their parents may help strengthen a number of important brain centres.

Parenting challenges the senses

1 Children seem to strengthen the centres in their parents' brains that process sensory impressions. This may be because parents constantly have to pay attention to their children's body language and sounds.

Play strengthens motor centres

2 Parents have strong connections in the brain's movement centres, which coordinate the body's movements. The reason is probably that parents use their bodies a lot when playing with their children.

Children strengthen social networks

3 The hippocampus brain centre plays an important role in our social behaviour, i.e. how we behave towards others. This centre is stronger in parents, probably due to their close relationship with their children.

