

The Incredible
Impact
of
Nurturing

by Dr Philippe Douyon





When we focus on negative thoughts our brains will prove us right by increasing our awareness of everything that is wrong around us.

Oprah Winfrey once said, *“Whatever our dreams, ideas, or projects, we plant a seed, nurture it – and then reap the fruits of our labor.”*

To nurture means to care for, to pay attention to and to encourage the growth of something or someone. While it’s a principle that is most brilliantly exemplified in women who choose to become mothers and provide nurturing and stimulating environments in utero and beyond, its applicability goes far beyond the parent child relationship.

The concept of nurturing influences every aspect of our

lives and in the process changes our brains.

In this article I will share with you how the ideas we nurture affect our lives and the impact that nurturing has on the development of our brains.

As I’ve stated before, to nurture means to pay attention to. When we pay attention to something we’re telling our brains that this is important to us. As a result, the Reticular Activating System, a group of nerve cells in the brainstem, becomes activated.

It increases our awareness about everything related to our thoughts. When we focus on negative thoughts our brains will prove us right by increasing our

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In medicine we know the power that the thoughts we choose to nurture have on our ability to heal. Patients who constantly focus on their disease often do worse than those who nurture ideas of health and wellness. Where we place our attention, life tends to follow.

*What seeds are you planting in your brain?
What thoughts and ideas are you nurturing?*

The brain evolves in response to nurturing in remarkable ways. In keeping with the brilliant example of women who choose to become mothers, let's dive into the impact that nurturing has on the brain of expectant mothers and their children.

Mommy/Pregnancy Brain Is a Real Thing!

In order to nurture a baby in utero and beyond, pregnancy triggers dynamic changes in the brain. Pregnancy is a critical period in brain development. During this time neurons and their connections are changing. New neurons and connections are being created while others are being pruned.



Be mindful of what you pay attention to and what you encourage to grow. It will influence how your brain and life evolves.

The structural and physiological changes occurring in the brain of expectant mothers serves the purpose of paying attention to what is now most important to her, her unborn baby. During pregnancy the brain evolves in order to allow the new mother to nurture her baby to the best of her abilities.

Studies have also found that children benefit from parents who are nurturing. Children whose mother's nurtured them early in life have larger brain structures associated with learning, memory, and response to stress. Nurturing plays a significant role in our lives.



Therefore, be mindful of what you pay attention to and what you encourage to grow.

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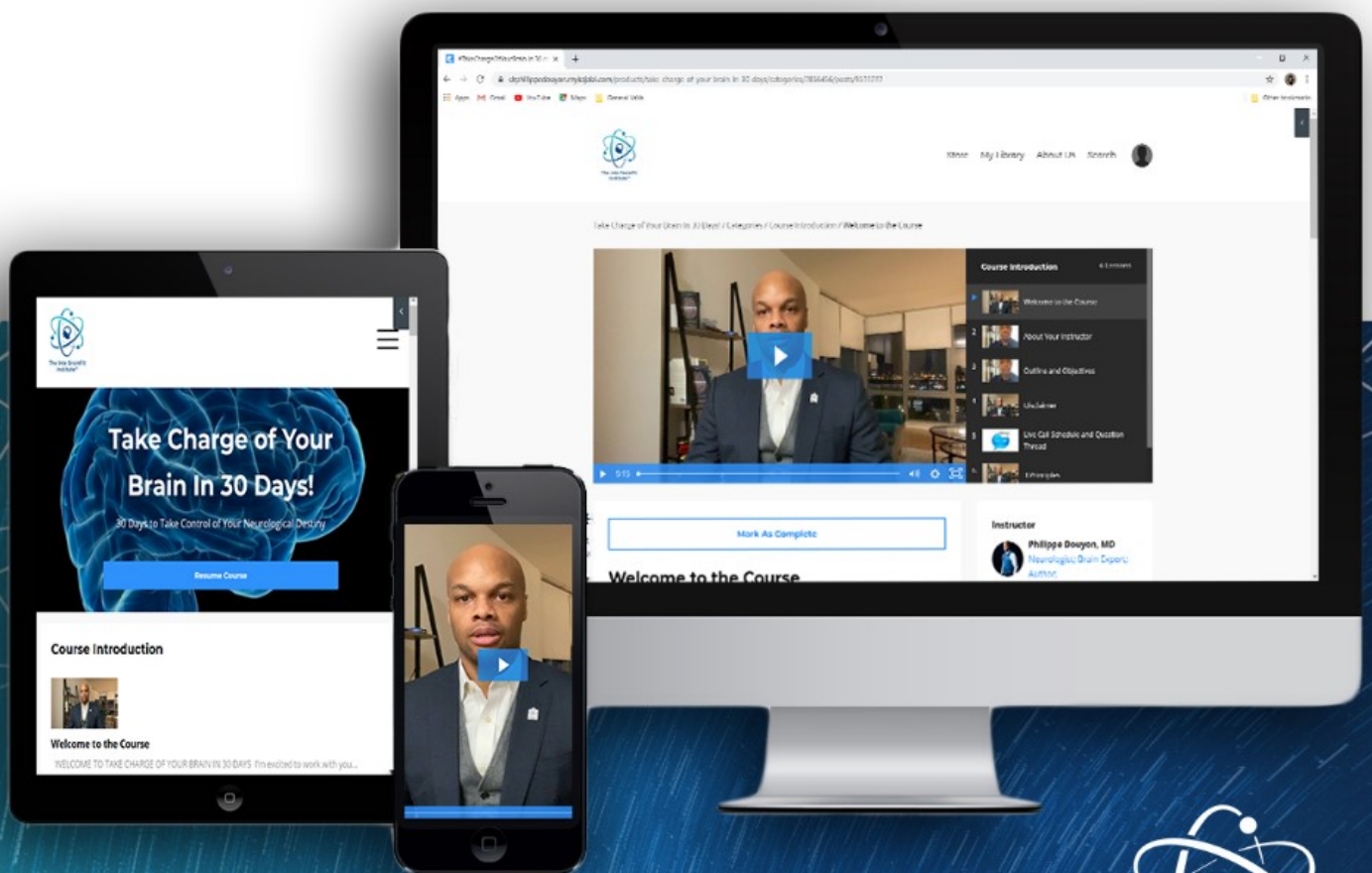
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