

What We Can Do to Build Strong Families in Frederick County



frederickcountymd.gov/strongfamilies

Early experiences matter

Children's brains are born ready to grow & learn



Children thrive when families have the support they need

Access to fresh food • Good schools
Child care • Safe homes & neighborhoods
Good jobs • Transportation

When communities don't support families and children, toxic stress weakens young brain architecture

Racism • Job & financial insecurity
Unstable housing • Community violence
Lack of health care & insurance



The good news is...

People and communities working together can prevent toxic stress and support brain building so that children and families reach their full potential!



\$1 in early investment = **13%** return per year for life

Birth to five education pays off. Learn more at heckmanequation.org