

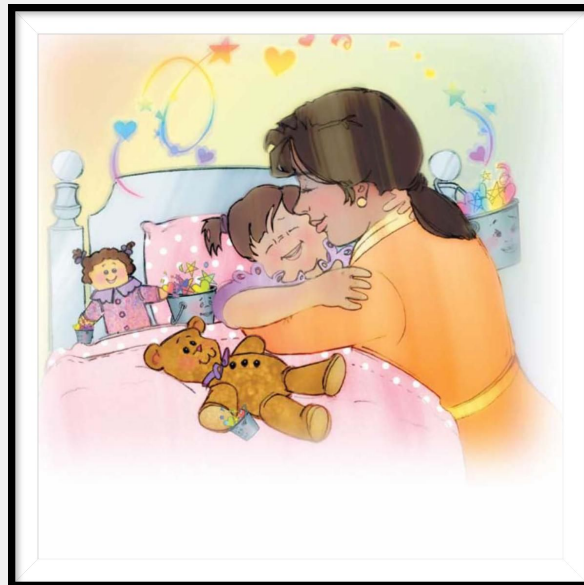


## Bucket Fillosophy®

# The Bucketfilling Power of Human Connection and Love



Recently, I saw a graphic of a brain scan that revealed what the human brain of a mother looks like as she snuggled and kissed her baby. It was fascinating to see the areas lit up in red, almost like stars in a night sky, within the mother's brain. Even more spectacular were the scans of the baby's brain. It looked like twinkling lights, all sparkling at once.



After seeing actual brain activity like that, it makes me appreciate why the positive and consistent interactions, especially during a child's first three years of life, are crucial for healthy outcomes. The tender moments of loving eye contact, feeding, and snuggling encourage all those little synapses in their brain to grow. Babies' cries need to be answered. They need us, as adults, to fill their buckets. Conversely, when a child is raised in an uncaring or unloving environment, all that growth potential can be underdeveloped or, worse yet, never formed. Their buckets will be empty.

Since February is often thought of as the month of love, it's a great time to celebrate the little ones in our lives. Show and tell them how special they are and how thankful you are for them. Take time to snuggle and read them a story. Sit on the floor and play a game with them. When you fill their bucket, you communicate to them that they are special, valuable, capable, and loved. If we want our

children to be come bucket fillers, it's up to us to teach them the necessary social and emotional learning skills they need to, someday, navigate their own relationships.

To loving our little ones,

Sandy

Sandy Richardson, Office Coordinator

---

## New *Fill a Bucket* Storytelling Kit

We were so honored when Lakeshore Learning contacted us with interest in doing a "Fill a Bucket Storytelling Kit," based on our book *Fill a Bucket*. Lakeshore is the "leading developer and retailer of top-quality educational materials for early childhood

programs, elementary schools and homes nationwide." They create amazing storytelling kits to help boost early literacy and teach social-emotional skills to little ones. Visit them at [LakeshoreLearning.com](http://LakeshoreLearning.com).



*Hardcover book sold separately.*



**Bucket Fillers**

Follow Us

