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## Kids Can Keep Brains Young: Study Shows

### Description

Having children might help keep your brain fit as you get older. A study looked at over 37,000 adults and found that being a parent can improve brain connectivity as you age. The more children a mother or father has, the better their brain connections become, especially in areas related to movement and sensation.

Research led by cognitive neuroscientist Edwina Orchard at Yale University discovered these positive effects of parenting on brain function. Despite the challenges of raising kids, having children can enrich your life by providing mental stimulation, physical activity, and social interaction.

Both mothers and fathers benefit from these brain improvements, showing that being a caregiver plays a crucial role. This study is one of the largest investigations into parental brain function, highlighting the long-term benefits of having children.

Parenting not only changes your body and mind but also affects your brain in positive ways. More research is needed to fully understand the impact of parenthood on brain health as we age.

### CATEGORY

1. Health - LEVEL2

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