

BACK & FORTH

INTERACTIONS

BUILD BRAINS FOR AGES 0 – 3

Early relationships and interactions with caregivers are very important in helping children ages 0-3 grow strong brain connections.



Smile at your baby, and talk to them, even if they can't yet respond.



Play Peek-a-Boo and other games where you can interact with your baby and get them to respond to your actions.



Mimic your baby's coos and babbles; have a pretend conversation.



Respond to your toddler to create back and forth interactions, or ask questions to lead them.

HERE ARE SOME THINGS TO DO:



Sing "call and response" songs, also known as "repeat after me" songs.



Follow your child's lead, and add on to what they say to create a conversation.



Roll a ball back and forth. Say, "It's my turn to roll the ball. Now it's your turn."



When you read together, ask your child to tell you about things in the book. For instance, "What color is the car? Where do you think the car is going?"

Steps
Great strides begin with small steps.

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