5 Easy Steps

THAT HELP BUILD YOUR CHILD'S BRAIN

The most important period of your child's development begins even before they're born until age 3. These first 3 years form the foundation that shapes your child's future health, happiness, and their ability to learn and succeed. Think of it like building a house. Every house needs a strong foundation. Once you establish the foundation, everything builds from there.

#1 Look

Even the simplest interactions help strengthen the connections that build your child's brain. Try and see the world through their eyes. What are the objects that catch their attention? A cup? A ball? Bring it closer and let them examine it.

#2 Follow The Leader

Let them lead the way. Brain building moments happen when you let your child take you where they want to go. Respond to their words, actions or ideas. It's all about the journey.

#3 Talk, Talk, Talk

It might not seem like it, but baby talk is still talk. It's how your baby communicates. The words you speak to them today are the words they'll repeat tomorrow. Their first words will be the ones they hear the most.

#4 Take Turns

Talking to your child is important. Back and forth interactions are one of the best ways to help develop your child's brain. Take turns while you're talking, playing or exploring. Bonus benefit: You start to teach your child to share.

#5 Maximize Interactions

Make the moments matter. Build on what your child says. Ask questions. Get them to respond. This builds curiosity, cognitive reasoning and language skills.

Steps

Great strides begin with small steps.

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