

Healthy Brain Development for Children

The most important period for a child's brain development is from the time of conception to ages 2-3. A child's relationships and everyday experiences help shape the brain's development. Responsive parenting, two-way interactions, and chances to learn through play are key.

HERE ARE SOME THINGS YOU CAN DO:



LOVE

- Show interest in your child.
- Make eye contact and smile often.
- Hold, cuddle, and kiss your child.
- Notice and help when your child is hungry, tired, hurt, or sad.
- Show your love often.



TALK

- Talk to your child starting at birth.
- Have two-way interaction with your baby by repeating sounds he or she makes.
- Speak slowly and with expression.
- Talk about what your child is seeing or doing. Name things.
- Read books or show pictures.



PLAY

- Give your child safe and interesting things for play and exploration.
- Safe, clean household items like cups, spoons, and containers can be used for play.
- Play games together with back-and-forth interaction, like covering and then uncovering your face ("peek-a-boo") or rolling a ball.
- Let the child follow their own curiosity and interests in play.
- Find safe places to play outside.