

## 4 proven ways to build your baby's brain.

*It's easier than you think and never too early to start!*

**Talk.** Your baby is listening long before he can talk. Tell your baby what you are doing. Describe things your baby is seeing.

**Sing.** Music wakes up your baby's brain with a mixture of rhythm, rhyme, and words. Sing, hum, or chant anything, any time.

**Read.** Your baby learns words she will use some day just by listening to you read. Read for even a few minutes at a time, or talk about the pictures.

**Play.** Your face and your voice are your baby's first and most important toys. Play peek-a-boo or make funny faces to build your baby's brain.

*It's not the toys in the house that make the difference in children's lives; it's the words in their heads. The least expensive thing we can give a baby outside of a hug turns out to be the most valuable: WORDS!*

*~Jim Trelease, The Read Aloud Handbook*

# Did You Know?



- A baby's brain is growing at lightning speed and will triple in size by the end of the first year.
- As parents talk, sing, read, and play with babies, their brain cells are turned on, links between brain cells are strengthened, and new cells and links are formed.
- Research shows that babies can't learn language from watching screens. Babies learn from other people and need a back and forth exchange of facial expressions and responses.
- The American Academy of Pediatrics recommends that children under age two not spend any time watching TV or electronic screens due to the impact on their developing brains. Talk, sing, read, or play with your baby instead.
- To learn to read, children need to know at least 1,000 different words. To understand and use 1,000 words, children need to hear lots of words every day, beginning as soon as they are born.
- Reading aloud is widely recognized as the single most important activity leading to later reading success.
- Your local library is a wonderful place to visit. Many libraries have story times just for babies and all have a large collection of books for babies to check out and enjoy.