



Five things you do every day that help your child's growing brain



Respond ● Cuddle ● Relax ● Play ● Talk

- Respond** You notice your baby's needs and feelings, and respond to them. This switches on your brain and body to connect to your baby.
- Cuddle** Your baby picks up signals from your body when you are close together. This switches on the baby's brain and body to connect to you.
- Relax** Settling and calming yourself, comforts your baby. Our brains work best when we are calm and alert.
- Play** Your face, movements and your tone of voice all stimulate your baby's brain. Playing promotes healthy development at all levels of the brain.
- Talk** All the words, sounds, signs, symbols or objects that you use to communicate, build patterns in your baby's brain that will help them make sense of their life.