

Brain Building Basics

Science made simple!
Remember these 5 steps to
help build your child's brain.

1. Look



Even before babies can talk, they're showing you what they're interested in. Look into their eyes, or at what catches their eye, and begin brain building!

2. Follow



Powerful brain building moments are created when you let children lead the way, and you follow by responding to their words, sounds, actions, and ideas.

3. Chat



It may not seem like it, but the sounds and gestures young children make are their way of communicating with you! So talk out loud together and keep chatting as your children grow to engage them in learning about the world around them.

4. Take Turns



Back and forth interactions between you and your children are one of the most important ways to help their brains develop. So be sure to take turns while you're talking, playing, or exploring with your children.

5. Stretch



Make the moment last longer by building on what your child says, or asking follow-up questions that expand your child's thinking and learning. When you stretch the conversation with questions like, "What do you think about that?" or "How does that make you feel?" you're stretching the brain building moment too!