



YOU ARE A BRAIN BUILDER

Birth to 5 is a time of rapid brain growth.

Building little brains is so important because it is a foundation for learning throughout life. We can help with simple actions: our smile, our love, our words. Small actions add up to millions of connections for a child's brain.

#littlewonders

LITTLE
Wonders



The first five years of life are an important opportunity for learning. How can you help children's brains grow? By loving them. Talking with them. Singing with them. And showing them the world. The way we interact with young children can have an impact that can last a lifetime.

TEACHING LANGUAGE STARTS WITH TALKING



When you speak and respond to a child, you are doing something called "serve-and-return". This boosts their communication and social skills! Even if they are still in the grunting or babbling stages, responding to their noises or gestures helps them learn. Make eye contact. Speak to them. Offer affection. And watch them grow!

CREATING ROUTINES GIVES NEEDED SECURITY



Having a routine for your mornings or bedtime helps children understand what's coming next and prepares them for the rest of the day or night. Set your child up for success, and cut down on tantrums, by structuring their days and coming up with routines that work for your family!

SHOW THEM HOW TO HANDLE BIG FEELINGS



How we react to our children affects them not just now, but into the future. When children are having big feelings, adults can show them what calm looks like and help support them through their feelings.

CONNECTION IS CRITICAL TO LEARNING



Loving care and connection are so important to your child! Make eye contact when you talk to them. Have a caring expression on your face. And use gentle touch to help your child know how much you love them.

PLAY IS THE BEST WAY FOR KIDS TO LEARN



For kids, play is an important part of learning and growing. By pretending to be a lion or a robot, children are experiencing joy and wonder. When they play with others their age, they learn how to share and compromise. Try to find a way to play with your child every day!



For tips on how to help build little brains, go to
www.ctoec.org/child-development



Connecticut Office
of Early Childhood