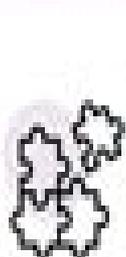


## Baby's growing brain

Even though the brain keeps growing and changing into adulthood, the first 3 years are an important time of rapid growth that helps build the foundation for all future learning.

## Supporting baby's brain development

Babies are born ready to learn! Parents and caregivers can support healthy brain development by interacting with their baby using language, play, and care.

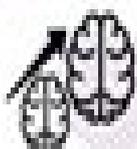


### The brain is responsible for:

- ✓ Movement
- ✓ Language
- ✓ Attention
- ✓ Learning and problem-solving

The brain doubles in size in the first year!

By age 3, it's about 80% of an adult size brain.



### Breastfeeding

is associated with improved cognitive ability.

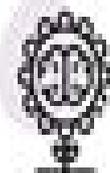
### Sleep

supports healthy development as baby grows from infancy into early childhood.



The early years set the stage for advanced abilities:

- ✓ Self-regulation
- ✓ Problem solving
- ✓ Communication



**BabyMatters**  
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# Brain & Cognitive Development

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### Iron supports learning ability

Starting at about 6 months, introduce dietary sources such as meats and iron-fortified cereals, and continue throughout the first 3 years.

### Healthy fats are brain building blocks

Omega-3, omega-6 and DHA are found in fatty fish, seafood, vegetable oils, and baby-safe forms of nuts and seeds.



### B vitamins support brain function

Found in cereal, meats, milk, meat, eggs, fish, and dark green vegetables.

### Choline, a vitamin, supports memory development

Found in eggs, dairy products, and some fortified foods.



### Key Milestones!

#### 2 months:

- ✓ Smiles at you
- ✓ Looks at a toy for several seconds



#### 6 months:

- ✓ Puts things in mouth to explore them
- ✓ Reaches to grab a toy
- ✓ Closes lips to show she doesn't want more food
- ✓ Laughs with you



#### 9 months:

- ✓ Looks for things when dropped out of sight (like a spoon or toy)
- ✓ Rings objects together



## Nutrients for brain development

During infancy and toddlerhood, a baby's brain forms many complex systems they will use throughout their entire life. Getting the right nutrients from infancy to toddlerhood is important to help the brain develop to its fullest.

## Baby's key developmental milestones

First smiles, "peek-a-boo" games, and wobbly steps are all developmental milestones. While babies develop at their own pace, there are typical ages when these milestones occur.

# Cognitive Development The Learning Brain

**Rhonda Douglas Brown**



## **Cognitive Development The Learning Brain :**

## Decoding **Cognitive Development The Learning Brain** : Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Cognitive Development The Learning Brain** ," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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