

## 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.



# 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, cereals, 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

**Roman Wölfel**



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

Uncover the mysteries within its enigmatic creation, Discover the Intrigue in **Cognitive Development The Learning Brain** . This downloadable ebook, shrouded in suspense, is available in a PDF format ( Download in PDF: \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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