

Baby's growing brain

Even though the brain keeps growing and changing into adulthood, the first 5 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

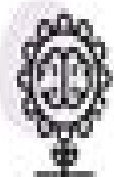
The early years are the stage for advanced abilities

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



The brain doubles in size in the first year!

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



BabyMatters
By Gerber Medical Hub

Brain & Cognitive Development

Learn more at gerber.com
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Breastfeeding

is associated with improved cognitive ability.



Sleep

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



Nurture & Interact!

- ✓ Make eye contact often while feeding
- ✓ Spend time cuddling and holding your child
- ✓ Provide opportunities to play and explore
- ✓ Read, talk, and sing to your child starting at birth



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

PT Brinkman



Cognitive Development The Learning Brain :

Reviewing **Cognitive Development The Learning Brain** : Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Cognitive Development The Learning Brain** ," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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