

## 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

**Rhonda Douglas Brown**



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

## Unveiling the Magic of Words: A Report on "**Cognitive Development The Learning Brain**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Cognitive Development The Learning Brain**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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