

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.



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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

Katrin Zwirgmaier



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