

Brain Development

Brains are built. Our earliest experiences shape the physical development of the brain.



HAVE A CONVERSATION

Children want to be a part of the conversation! Sharing back-and-forth exchanges, even before they can talk, helps build children's brains.



TRY THIS!

How many turns can you take? With a baby, try sharing back and forth smiles and coos. Or keep asking a preschooler questions to keep their thinking and the conversation going!



MAKE IT SOCIAL

Children learn best from other people. Social interactions send a "this is important!" signal to the brain.



TRY THIS!

Children watch and learn from us. How could you use your behaviors to help them learn? Could you model putting on a jacket, or even, how to make a friend?



DO IT AGAIN!

Children love to do things again, and again! Repeating something is how we learn. It also builds physical connections or pathways in the brain.



TRY THIS!

Do you have a favorite book or song? Think about ways it could be part of your everyday. Can you sing the song as you are getting dressed? Or talk about the dogs in your favorite book at the park?

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