



What kind of **Connections?**

Talking Together
making connections...

Playing Together
making connections...

Reading Together
making connections...

Sharing Together
making connections...

Being Together
making connections...

For more information or to order this pamphlet contact:
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Infant Brain Development

is all about
Connections



Connections with Baby

Quiet Alert State

Watch for the short periods of time when a newborn is quiet, yet alert, with a calm face and body, and wide open eyes. This is when the baby is ready to make connections.

Smile!

Babies are wired to respond to the human face. They will imitate the faces they see. They are looking at eyes and facial expressions to learn about the connections with their caregivers. These connections are recorded in the brain.

Do Ordinary Things

Babies seek learning through their bodies. This baby is learning about how his body works. He is practicing a new skill which is being recorded in his brain. The more he practices, the stronger his brain connections will be.



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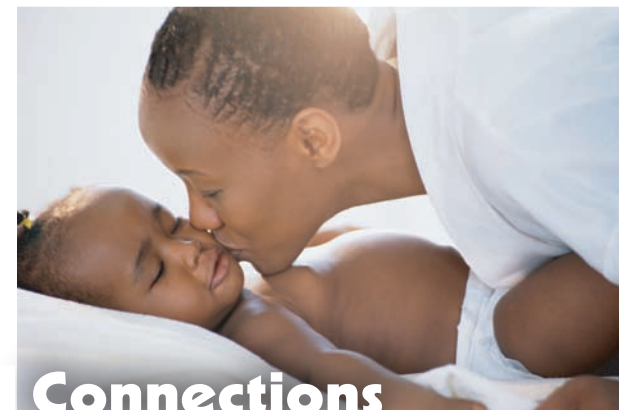
Provide Opportunities

Babies want to explore ideas in an unrushed environment. One child explores cutting with scissors. The other is learning about his reflection in the mirror, his creativity, and his skill with a paint brush.



Connections in the Brain

Infants are born with billions of brain cells waiting to make connections with each other. These connections are the brain's way of organizing learning. The interactions infants have with their caregivers and environments are recorded as brain cell connections. Repeated interactions become memories. In the first three years of life, these memories, positive or negative, become the foundation for future feelings and behaviors.



Connections with Others

When interacting socially, the infant may DIS-connect and look away. RE-connect in a positive way. Do something you both enjoy.

- Stroke baby's arms & legs
- Play a game like Peek-a-boo
- Sing a simple song together

Connections with Self



Taking care of an infant is demanding and often stressful. It is important to take time for yourself. Healthy parenting also requires strong support from family, friends and community.