

## Brain Building Basics

5 things to remember  
for building your child's brain

### 1. Look



Make eye contact so you and your child are looking at each other.

### 2. Chat



Talk about the things you see, hear and do together, and explain what's happening around you.

### 3. Follow



Take your child's lead by responding to their sounds and actions, even before they are old enough to talk. When they do start talking, ask follow up questions like "What do you think...?" or "Why did you like that?"

### 4. Stretch



Make each moment longer by building upon what your child does and says.

### 5. Take Turns



With sounds, words, faces and actions, go back and forth to create a conversation or a game.