

DID YOU KNOW THAT WHEN YOU SMILE AT A BABY YOU HELP THEIR BRAIN TO GROW?



- Babies need their parents and all those who care for them to help build their brains from the start, even in the womb.
- In pregnancy, babies experience whatever the mother experiences!
- The first two years of a baby's life are the fastest time of brain-building.

- Babies' brains grow through their relationship with you.
- Every smile, every "I love you", every cuddle, helps build their brain.
- The more we do this, the stronger the brain connections become!



THINK OF BRAINS BEING BUILT LIKE A HOUSE



- Responding to your baby, and showing them care again and again, builds a strong foundation in the brain.
- This will help them in the future with their relationships and emotions.

- We can help build babies' brains by talking, singing and reading to them.
- Responding to them gently when they cry.
- Holding them, laughing and playing with them.



WE WON'T BE PERFECT PARENTS, IT IS NORMAL TO MAKE MISTAKES



- The amazing thing about the brain is that it is never too late to create new connections and repair when things go wrong!
- Being a parent can be hard at times. It helps if we do things regularly that help to keep us calm and make us smile.

- It is important to get support if you are struggling with anything.
- Contact your local GP, Midwife or Health Visitor if you need help or support.



YOU ARE THE MOST IMPORTANT PERSON TO HELP BUILD YOUR BABY'S BRAIN

HOW WILL YOU HELP YOUR BABY'S BRAIN TO GROW TODAY AND EVERYDAY?