



Communicating

- Human brains need language in order to work properly.
- All the words, sounds, signs, symbols, or objects that you use to communicate build patterns in your baby's brain that will help them to make sense of their life.

Playing

- Your face, your movements, and your tone of voice all stimulate your baby's brain.
- Playfulness promotes healthy development at all levels of the brain.

Self-regulating stress

- Settling and calming yourself settles your baby.
- The brain works best when we are calm and alert.

Engaging and matching

- Your baby picks up signals from your body when you are close together.
- This switches on the baby's brain and body to connect to you.

Responding and assessing needs

- You notice your baby's needs and feelings.
- This switches on your brain and body to connect to your baby.