



Brain Development Tips for Caregivers Handout

- Remember that early childhood (0-6 years) is when brain development can be impacted the most.
- Picture the brain like a pyramid where the lower region is the base which needs a strong foundation for other layers to build upon.
- Interact with your child frequently through appropriate touch, cuddling, hugging, holding, feeding, and rocking.
- Create a caregiving environment that is free from trauma and toxic stress.
- Breastfeed infants when possible. If breastfeeding is not an option, use an iron-fortified infant formula for the first 12 months.
- Keep in mind that your child does not require elaborate toys to promote brain development and that caregivers are your child's best teachers.
- Respond to your child's needs in a consistent, loving, responsive, and nurturing way.
- Talk to and with your child in a positive way to help promote language skills.