

Building Baby's Brain Power

Strategies to promote brain development during day-to-day interactions



Be present and responsive

- Stay calm and engaged
- Follow the baby's cues and match your response:
 - Imitate their sounds using a sing-song voice
 - Pause when the infant turns away
 - Increase interaction when they are engaged and seeking connection

Build language through everyday moments

- Talk and listen throughout the day
- Narrate daily routines (diaper changes, walks, meal prep)
- Point out and name objects in the child's environment (lights, signs, food)
- Show pictures, objects, shapes, and items that make sounds

Support physical development

- Provide soft floor spaces for movement, rolling, and crawling
- Encourage free movement and exploration

Use music and movement

- Sing songs and include fingerplays and nursery rhymes
- Dance while holding the infant
- Offer opportunities to explore instruments and sounds

Encourage outdoor and sensory exploration

- Spend time outside exploring the environment
- Provide sensory experiences (grass, water, sticks, pinecones, puddles)
- Introduce different textures, temperatures, and materials

Create meaningful mealtime experiences

- Allow relaxed exploration of food and utensils
- Encourage sensory play and cause-and-effect learning
- Keep your child nearby during meal prep and talk with them

Connect through nurturing interactions

- Build bonds during routines like diaper changes
- Offer hugs, smiles, eye contact, and gentle touch
- Use facial expressions and allow time for imitation

Play and interact

- Engage in simple games (peek-a-boo, ball rolling, bubbles, water play, puppets)
- Keep play short, responsive, and fun

Support early literacy

- Read together daily
- Choose simple, engaging books (textures, real images)
- Point, label, and make sounds

Encourage communication

- Introduce simple sign language around 8 months
- Give your child time to respond

Promote social interaction

- Include older children in reading and play

Materials & Exploration

- Offer safe toys for exploring (touching, mouthing, dropping)
- Use everyday items (spoons, bowls, pans)
- Provide varied sensory experiences (water, snow, textures)
- Let your child observe the world (e.g., from a high chair by a window)



Compiled from participant ideas by Raelene Ostberg, M.Ed. - Expert Trainer, Thriving Together LLC

✉ raeleneostberg@Thriving-Together.com

🌐 Thriving-Together.com