

Building Baby's Brain Power

Strategies to promote brain development



Ages 0 –12 Months

- Physical movement
- Music and movement
- Language development
- Fingerplay
- Songs and storytelling
- Talking and one-on-one interaction
- Watch their facial cues
- Model and explore through actions and words
- Create a safe environment for learning
- Narrate everyday activities (diaper changes, walks, meal prep)
- Establish routines
- Outdoor exploration opportunities
- Engagement through songs and interaction



Ages 12–24 Months

- Support self-regulation
- Maintain consistent routines
- Use repetition to reinforce learning
- Provide activities that promote different areas of development
- Engage in respectful, back-and-forth conversations
- Label and describe what they are interested in
- Meet children where they are developmentally



Ages 24–36 Months

- Reading together regularly
- Use varied tones, pauses, and expressive voices
- Encourage child involvement during activities
- Reinforce learning through routines and repetition
- Support children in expanding their knowledge
- Build trust and connection through singing
- Use familiar songs consistently to create anticipation and enjoyment
- Model self-regulation

