

10 Things Every Child Needs

Brain development is impacted by experiences throughout infancy and early childhood. These new experiences can impact a child's healthy brain development.

1. Interaction

Respond quickly to baby's needs.
Speak in a slow, soft voice.
Be involved in child's play.

2. Touch

Massage your infant.
Rock your baby.
Hold your baby while feeding.

3. Safety

Create a safe and healthy home environment.
Lock up cleaning supplies and medications.
Keep your child in a rear facing car seat until the age of 2.

4. Stable Relationship

Be predictable, nurturing and calm when interacting with your baby.
Be a loving, consistent presence for your baby.
Children who have a stable relationship with their caregiver may learn at a faster pace, feel better about themselves, and make friends easier.

5. Self Esteem

Recognize and celebrate that every child is unique from birth.
Praise your child with positive feedback.
A strong sense of self is the foundation for health development.

6. Quality Care

Take an active role in selecting the best childcare for your child.
Visit the childcare center with your child to determine your child's comfort level.
Make unannounced visits to your childcare center.

7. Communication

Talk to your baby, early and often.
Use broad vocabulary.
Answer your baby's coos.
Use positive nonverbal expressions such as smiling back at your baby.

8. Play

Get to know your child through play.
Be silly and have fun with your child.
Incorporate play into your routines.

9. & 10. Music & Reading

Sing, clap, rock, and dance with your baby.
Start reading early, make it a part of your routine.
Music stimulates brain development.