

Infant March 2019



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Parent Info:

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The positive emotional and physical experiences that a baby has in the earliest years of life are necessary for the growth of a healthy brain. Our expressions of caring through touching, rocking, talking, smiling, and singing are a kind of nourishment for the baby. These experiences, repeated many times over the course of a day, provide the foundations for the brain's early development.

Eye contact-gazing into each other's eyes- create a strong emotional connection that makes your baby feel loved and special.

As you hold and cuddle your baby, you are letting her know you will keep her safe. This sense of security is what allows your child to feel secure to explore the world. Research has shown that a loving touch stimulates the brain to release important hormones necessary for growth.

-Taken from Zero to Three