

## Love Grows Brains

### When does a baby's brain grow the most?

- ❖ From birth to three years old.

### What makes a baby's brain grow?

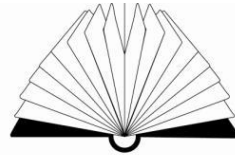
- ❖ All their experiences.
- ❖ Everything they see, hear, touch, taste, smell, and feel.

### How can you help babies grow a healthy brain?

- ❖ Give them lots of good experiences.
- ❖ Good experiences are like healthy food. They make healthy brains.

The NWT Literacy Council produced this brochure. We are a not-for-profit organization with a mandate to support literacy development in all official languages of the Northwest Territories.

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Northwest Territories Education, Culture and Employment



Human Resources and  
Social Development Canada

Ressources humaines et  
Développement social Canada

# Love Grows Brains



For parents and other adults who care for babies and young children.

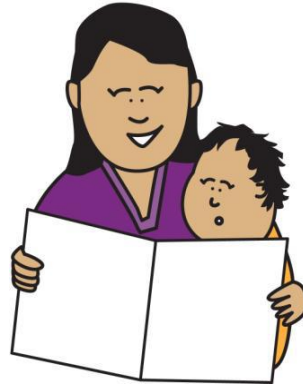
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# Give babies the attention, love, and care they need to grow healthy brains

- ❖ Let them hear, touch, taste, smell, and feel many different things.
- ❖ Hold, cuddle, rock, and smile at them so they feel safe and loved.



- ❖ Talk to them, tell stories, sing songs, and read books.



- ❖ Give them safe, clean surroundings, free of things that hurt them.
- ❖ Do new things, a little more than they can already do, but not too much.
- ❖ Do the same things at the same time every day, so they know what to expect. Do things over and over.

- ❖ Take care of them when they cry.
- ❖ Play, go for walks.



- ❖ Give them a mix of interesting, safe, colourful (not expensive) toys to look at, hold, and chew.
- ❖ Be with people who love and care about them, do things with them.



- ❖ Let them explore and learn about the world.

**The first three years are most important, but it's never too late for loving care.**

- ❖ Look after yourself so you can look after your baby.
- ❖ Ask for help when you need it.
- ❖ Get together with other parents. Have fun with them and your baby.