

Enhancing Early Brain Development What You Can Do!



Talk to your infant and explain what you are doing, "I'm going to change your diaper now." "It's time to wash your face." Maintain eye contact and smile.

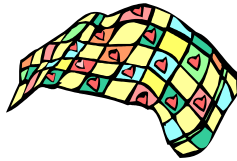
Never allow your young infant to cry without being comforted- you cannot spoil a young infant!

Play music and look at picture books with your baby on your lap.

Hide objects under a cloth and ask, "Where did it go?"



Provide a variety of interesting textures for your baby to feel such as fur, sandpaper or velvet.



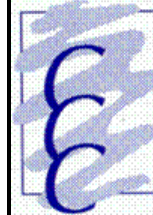
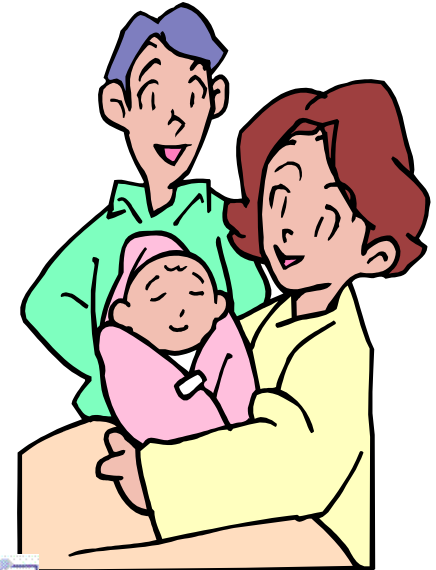
Limit the use of restrictive devices such as playpens, swings, walkers or infant seats. Allow your baby the freedom to move.

Repeat baby's sounds, face to face.

Give your baby safe, interesting objects to reach for and to grasp.



Choosing the Best Care for your Infant



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When choosing an infant program you'll want to see:

- Adults who hold, rock, coo, sing to, repeat sounds and cuddle infants individually.
- Adults who hold infants individually while feeding.
- Cribs for each infant.
- Soft, safe surfaces for crawling, rolling, creeping and pulling up.
- Caregivers who sing, talk to and play with infants during routine care and who explain what is happening.
- Adults who respond quickly and sympathetically to crying.
- Individual sleeping and feeding schedules.
- Adults who respect individual infant's temperaments and tolerances for sounds and activities.
 - Infants being taken outdoors for walks and fresh air.
 - A variety of safe, washable toys that respond to infants' actions, such as bells, rattles, and busy boxes.
 - Adults who encourage infants to develop independence.
- Mirrors, photos of infants and their families and pictures displayed at babies eye level, near the floor, changing table or crib.



- Strict precautions taken to prevent the spread of disease such as hand washing, refrigeration of formula and food, disinfecting of toys, diapering surfaces and feeding areas.



You'll want to question when you see:

- Diapers that are changed infrequently or only on a strict schedule.
- Babies who are left in cribs, playpens, swings, or infant seats for prolonged periods of time.
- Frequent changes of caregivers throughout the day, or frequent staff turnover.
- Staff who appear cold or detached, as if caring for infants is a chore.
- Infants who are left unattended.



Quality early care and education isn't costly.... It's priceless!

Oh Baby, What a Brain!

Recent brain research shows that early childhood experiences actually determine the learning pathways and connections



that are formed in the brain- shaping the way a child will learn, think, and behave for the rest of his life.

Enhancing your baby's brain development doesn't take expensive toys- it happens during simple everyday interactions with a warm, responsive parent or caregiver.