



## Learning in Families Together:

# Infant Brain Development

The brain is just waiting to receive and connect signals to form the kind of person the infant will become.

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### Parenting Secrets

- Infant brains are referred to as “plastic,” meaning they can be shaped.
- Every part of the brain is shaped by experiences.
- There are certain windows of time when development occurs. For example, there is a time when vision connections develop in the brain.
- A newborn’s brain grows to about 80 percent of adult size by age 3 and 90 percent by age 5.

### Together Time

Infants prefer human interactions, such as with your face, voice, touch, and smell.

- Talk to your baby, coo and soothe, sing and rock. Stroke his or her cheek and kiss his or her soft head.

### Play Time

Children will pick up many behaviors of the adults around them.

- Using loud voices teaches children to use loud voices. Using soft, warm touches teaches children to do the same.
- If children see patience in adults who are looking for solutions to problems, they will see that learning is a process with many steps.

### Learning Time

Infants begin to make connections in the brain based on what they hear and see.

- Read with your baby. Talk and listen. Have a conversation — even using babble sounds!
- Be silly. Children respond to exaggerated sounds and motions.

### For parents who want to learn more:

**Zero to Three** – [www.zerotothree.org](http://www.zerotothree.org)

**Better Brains for Babies** – [www.bbbgeorgia.org/parents.php](http://www.bbbgeorgia.org/parents.php)

**10 Steps for Healthy Brain Development** – [www.firststeps.us/parents\\_braindevelopment.shtml](http://www.firststeps.us/parents_braindevelopment.shtml)