



## 'Baby Talk'

- Get baby's attention
- Speak in a happy voice
- Wait for baby to respond
- Enjoy the moment of fun together
- Give baby a little break. This is fun for them but can be tiring.

This leaflet forms part of a range of resources on parenting and infant brain development. For more information visit our website

[www.grobrain.co.uk](http://www.grobrain.co.uk)

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## Smiles and cuddles

Babies need us to be 'in love' with them!

It helps them grow healthy brains.

When we smile at babies and look happy and animated, they feel good!

Cuddles and gentle touch (including baby massage) release happy hormones in their brain and help them bond with us.

## Play

Clap hands

Roll a ball to and fro

Look at picture books

Play peek-a-boo

Sing rhymes with actions

Make them laugh

Blow raspberries on their tummy



## HOW TO BUILD YOUR BABY'S BRAIN

Smiles

Cuddles

Baby talk

Play

Soothe distress



# SOOTHING DISTRESS

## Touch and warmth

Being cuddled activates calming systems in your baby's brain. Baby massage? Swaddling in a cosy blanket? Warm bath?

## Sucking

Most babies calm down when they are sucking something, be it breast, bottle, their fist, fingers or a dummy.

## Movement

Rock baby in your arms or the buggy. But don't jiggle them too hard as it's not good for them.

Soothing your baby's distress *again and again and again* helps them build a healthy brain.

They are learning someone is there for them when they're upset.

This will help them cope better with the up's and downs of life as they get older.

Babies whose crying has been attended to quickly cry less by the age of one than those who have been left to cry on their own.

If children cry for comfort and regularly get ignored or shouted at, they may grow up 'living on their nerves' or have problems managing anger.

## Distraction and novelty

Try letting baby kick on the floor without a nappy. Or carry them round the house talking about what you see. Or look at a picture book.

## A Good Tip!

Act confident even when you don't feel it! *All* children need to feel that the *parent* is in charge.

