

Brain Building Activities

For parents and their children

ages 0-1

Babble On

Don't be afraid to babble. When your child starts to make noises, treat it like a real conversation and mimic the sounds right back. See how many times you can go back and forth!



Brainy Background

powered by Mind in the Making

All kinds of “conversations” help to build babies’ brains—even when they’re still learning how to talk. By following your child’s lead and responding, you’re sparking the connections he/she needs for language and communication later on.



Dance Party

Your child may not be walking or talking yet, but with your help, they can definitely boogie. So turn on some music and hold your child as you dance around. When you’re sitting down together, shake your arms to the music and see if your child can do the same!



Brainy Background

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Paying attention to sounds and movements is an early step in listening for sounds—a reading skill.

Peek-a-boo

Grab whatever is nearby, like a blanket, a book or your hands, and use it to play Peek-a-boo with your child. First you hide behind it and then say “Peek-a-boo!” Next, let your child be the hider.



Brainy Background

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Peek-a-boo helps your child learn that you are still there, even when you’re hiding. But most of all, it’s fun! Your face and voice are your child’s favorite toys.



Feeding Memories

When breastfeeding or giving your child a bottle, use that time to tell them a story about something happy you remember from your childhood. When your child has finished eating and responds to your voice, make the same sound back to him/her.



Brainy Background

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Your voice is your child’s favorite sound. Even though your child can’t say words yet, he/she is listening and learning what sounds go together in words, which is an important foundation for language later on.