

## Baby's growing brain

Even though the brain keeps growing and changing into adulthood, the first 3 years are an important time of rapid growth that helps build the foundation for all future learning.

## Supporting baby's brain development

Babies are born ready to learn! Parents and caregivers can support healthy brain development by interacting with their baby using language, play, and care.



# Brain & Cognitive Development

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### Iron supports learning ability

Starting at about 6 months, introduce dietary sources such as meats and iron-fortified cereals, and continue throughout the first 3 years.

### Healthy fats are brain building blocks

Omega-3, omega-6 and DHA are found in fatty fish, seafood, vegetable oils, and baby safe forms of nuts and seeds.



### B vitamins support brain function

Found in cereal, cereals, milk, meat, eggs, fish, and dark green vegetables.



### Choline, a vitamin, supports memory development

Found in eggs, dairy products, and some fortified foods.

### Key Milestones!

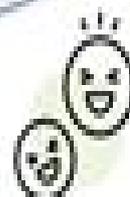
#### 2 months

- ✓ Smiles at you
- ✓ Looks at a toy for several seconds



#### 6 months

- ✓ Puts things in mouth to explore them
- ✓ Reaches to grab a toy
- ✓ Closes lips to show she doesn't want more food
- ✓ Laughs with you



#### 9 months!

- ✓ Looks for things when dropped out of sight (like a spoon or toy)
- ✓ Rings objects together



## Nutrients for brain development

During infancy and toddlerhood, a baby's brain forms many complex systems they will use throughout their entire life. Getting the right nutrients from infancy to toddlerhood is important to help the brain develop to its fullest.

## Baby's key developmental milestones

First smiles, "coo" type sounds, and wobbly steps are all developmental milestones. While babies develop at their own pace, there are typical ages when these milestones occur.

# Cognitive Development The Learning Brain

**BM King**



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