

6

Ways to Boost your Baby's Brain Development

Did you know that your baby's brain grows fastest just after birth and will reach half its adult size by 3 months? Here are some ways in which you can help your baby grow smart and strong....

Sing together

Listening and singing songs helps your baby learn sounds and eventually speak.

Read together

When you read to your baby this helps build listening, memory and vocabulary.

Play together

Playing games with your baby e.g. peek-a-boo, not only makes her laugh but teaches her that you can appear and reappear.

Get messy

Babies learn from touching and tasting. Let them play with different things, water, mud, sand, flour. Get creative!

Explore

Babies learn from trying to see how things work. You can use everyday items you have at home e.g. wooden spoons for making noise.

Talk to your baby

Help them make sense of the world around them e.g. when feeding your baby, name the food or walk your baby around and name things you see.



As your baby grows older encourage them to play and explore on their own. Playing on their own is also important to boost self-esteem and self-reliance