

# You Can Help My Brain Grow from Day One!

## 8 Things Your Newborn Wants You to Know



All my experiences change the “foundation” of my brain and can help or hurt its growth.



It takes me 4 to 8 weeks to learn how to smile. I’m not unhappy. I just can’t control my face muscles yet. But just wait, my smile will be amazing!



I like it when we take turns “talking” back-and-forth, like a game of catch. I may turn away for a break, but I’ll come back.



I take it all in when you look, smile, or yell at me. My brain never turns off, even when I’m asleep or it seems like I’m not paying attention.



Don’t worry—you can’t spoil me! I can’t soothe myself yet, but soothing me now teaches me how to soothe myself.



Anger, violence, and too much stress aren’t good for me. Even though I’m a baby, I will be changed by these experiences.



It’s hard to soothe me if you are stressed out. If you are upset, please put me down and take a short break.



I learn from being with people, not screens. Please turn off the TV and put your phone away sometimes.