

BASICS INSIGHTS

2 MONTHS

Science-based facts and suggested activities to boost your 2-month-old's brain development and learning!

FACT Responding to your baby teaches them about communication, love, and trust. You do not need to worry about spoiling them.

TRY THIS

- Hold your baby when you feel the urge and respond when they try to get your attention.



**Maximize Love,
Manage Stress**

FACT Board books with cardboard pages are made for infants. They don't break, so that babies can play with them.

TRY THIS

- Spend some special time with books.
- Let your baby hold the book, shake it, even chew on it.
- Point to some of the pictures and talk about them.



**Read and
Discuss
Stories**



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The Basics Principles are 5 FUN, SIMPLE, POWERFUL WAYS

To give your child a great start!



Maximize Love, Manage Stress

Children thrive when their world feels loving, safe, and predictable. Respond with smiles, words, and touch to show your love. You will help them develop a sense of security and self-control.



Talk, Sing, and Point

Babies learn language from the moment they are born. Respond to their sounds, and later, their words. Connect with eye contact and point to help them know what you are talking about.



Count, Group, and Compare

Every child's brain is wired for math. Talk about numbers, shapes, patterns, and comparisons as you go about your routines together. Watch your child learn to love math.



Explore Through Movement and Play

Babies are like scientists who love making discoveries. Watch to see what interests your child, then encourage their curiosity and help them learn when they play and explore.



Read and Discuss Stories

Reading turns kids into confident thinkers. Make books a regular part of your relationship from the very beginning. Talk about the pictures. Make it fun.



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