

BASICS INSIGHTS

6 MONTHS

Science-based facts and suggested activities to boost your 6-month-old's brain development and learning!

FACT Pointing to the things you talk about helps your baby connect words with objects.

TRY THIS

- Point to things as you say their names. Point to your baby's eyes, nose, ears, and mouth as you get them dressed.
- Point to and label the objects your baby shows interest in.



**Talk, Sing,
and Point**

FACT These days, your baby's play probably involves things like throwing food and dropping objects from their high chair. This is their way of learning. But, you may find yourself saying "No!" or "Stop that!"

TRY THIS

- Try to make sure that most of what you say to your baby expresses kindness (this can be hard!).
- Notice how your baby responds when you are more positive—can you tell the difference?



**Talk, Sing,
and Point**



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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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