

Brain builders for your child

8 - 18 months



Park Sensations

As you play at the park, describe what you're doing and how it feels. "The sun is warm on our faces," or "The sand is rough on our hands." Watch where your child looks or points and describe how that feels.

Brainy Background™

As your child hears and sees new ways to describe the everyday things they experience and how they feel, they're learning new words and concepts that help them understand their world.

Tip # 188



Mouth Music

While changing your child's diaper, encourage them to explore the different sounds they can make with their mouth. Show them how you can whistle, hum, blow, and make kissing noises. Do they try to copy any of your sounds? Try going back and forth making sounds.

Brainy Background™

When you and your child take turns going back and forth, you help them build a foundation for later conversations and relationships. Playing with sounds is an early step in learning language. By copying what you're doing, they're also practicing focus and self-control.

Tip #451



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Space Explorer

Show your child the world from different points of view. When they're in your arms, crouch down low or gently lift them up in the air. Describe what you're doing and respond to their reactions. "You're as high as the light! Look what you can see up here!"

Brainy Background™

Moving your child around and talking about what you're doing helps them learn about important things like shape and space. Children learn these ideas through back and forth conversations, where you follow their lead and respond to their reactions.

Tip # 122   

Counting Kisses

At bedtime, give your child kisses on different parts of the face, like on their forehead, nose, cheeks, or ears. Count the kisses out loud and name each body part as you go. As they get older, encourage them to give you kisses and count them together.

Brainy Background™

Your baby learns about the world by paying attention to the things you focus on. When you kiss their nose and describe what you're doing, you're helping them feel loved as well as learn new words. It's never too early to start exploring math and numbers by counting out loud with your baby!

Tip #435   



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