

# Help Your Baby Build a Stronger Brain



Congratulations on the birth of your new baby!

Did you know that as soon as your baby is born, your baby's brain is actually making millions of neuron connections from everyday interactions with you. Those connections that you make now can strengthen your babies' brain for life.

Learn how you can directly help your baby to build a stronger brain within the first days, weeks and months of your baby's life.

## More inside...



# Congratulations on your new baby!

Having a baby is a wonderful life event. You can personally do important things directly with your baby as a parent that can have a positive and even wonderful impact on the life of your child. You can find useful information that can help you as a new parent in the first days and weeks of life of your child on the Three Key Years website.

Modern medical science now teaches us that the first days, weeks and months of life are extremely important development times for your baby. Brain development starts in the first days and weeks of life. Babies whose parents talk to them and whose parents respond directly to them in those first days, weeks and months actually make millions of neuron connections in the baby brain that can last for life.



People used to think that education began at kindergarten. Those people were very wrong. Education begins at birth and you are your child's first teacher. You can do wonderful things for your baby just by talking in loving ways very directly to your child. Begin immediately and continue talking through the first months and first years of life.

The biology is the same for the brain of every baby. Brain development for every baby starts as soon as your baby is born. When you cuddle your newborn child, comfort your new born child and talk directly in soft and loving ways to your new born child, there are millions of powerful connections made in the brain of your child. Those powerful neuron connections that you help make strengthen your baby's brain for life.

# Learn more ways to help your baby...

You can learn more about that process from your caregiver team at this hospital. You can also go to the [ThreeKeyYears.org](http://ThreeKeyYears.org) website for more information about the first three months and first three years of development for your child.

Talk to your child, beginning immediately. Respond when your baby is hungry or feels stress. Interact in loving ways with your baby beginning as soon as possible after your baby is born. You can be a wonderful gift to your child by just talking directly to your child and stimulating the neurons in your child's brain. Those neurons connect with each other in very large numbers just because you are talking directly to your child.



Skin to skin contact can also be wonderful. Breastfeeding can help create a sense of security and can give your child the perfect nutrition source that is the very best support that any child gets anywhere in the entire world. The key thing to know is that talking and responding directly to your child immediately after your child is born can make your child both better able to learn and more emotionally secure.

**Every child is a blessing.  
We can each be a blessing for our child.**

Learn more at [www.ThreeKeyYears.org](http://www.ThreeKeyYears.org)

# Learn More at ThreeKeyYears.org



See members of the hospital maternity support team for a link to the **Healthy Babies, Healthy Beginnings** Program for Martin Luther King Jr. Hospital. The program provides great support for new mothers in alliance with First Five of Los Angeles County and Kaiser Permanente.



Talk. Read. Play. Count. Sing.  
Very Real Building Blocks for Your Baby's Brain.

You can find more information and resources about how to help your baby build a stronger brain during their first Three Key Months and Three Key Years of life at the Three Key Years website.

