Key Takeaways from Today’s Session

1. From birth, the brain is flooded with information.

2. The baby is born with a “birthday kit” of reflexes to start their exploration.

3. Communication wires the brain, starting on the first day ("Serve and Return").

4. Our primary goal as parents: help build the child’s brain ("Scaffolding").

5. The first 1000 days is the foundation for the school house.

6. Year One: Point and Talk (about what your child is looking at now).

7. Year Two: Elaborate and Expand (on what your child says and does).

8. Take advantage of “the magic of everyday moments”.

Tips to Create “Magic from Everyday Moments”

- Serve-and-return style parenting
- Match talk to development
- Promote the brain’s executive function
- Establish everyday routines
- Play, with lots of feeling
- Play, while reading
- Play, to build muscle skills

Visit good4growth.com to find more helpful tips on giving your kids the best start to their life.