

# How Babies Learn

From the moment babies are born, they start to learn. Babies learn from what is going on around them. You are an important part of your baby's growth and healthy development. The care you give affects how your baby grows and learns.

## How you help your baby learn:

- **Show your baby love by holding them often.** This will help your baby feel safe and secure.
- **Use your face and voice.** Talk to, sing, and laugh with your baby. Play games like peek-a-boo.
- **Take turns making faces, sounds, or movements with your baby.** This will help your baby learn to communicate.
- **Repeat activities with your baby.** Do the same thing over and over again with your baby. This will help them learn about how things work.
- **Read to your baby.** Reading to your baby helps with their development and learning how to talk. Take time to read to your baby each day.
- **Help your baby form good relationships.** Let others hold and talk to your baby when you are around. Use the same trusted caregivers when you cannot be with your baby.



## Being curious is how babies learn about what is around them.

Because babies are curious, it is important you watch your baby closely to keep them safe. Make sure that your baby doesn't put something in their mouth that they could choke on.

**Watching TV does not help your baby learn.** Watching too much TV doesn't help with your baby's brain growth. During the first 2 years of life, your child needs to do things with people and objects to keep their brain active.

**Talk to your CHN doctor if you have more questions!**