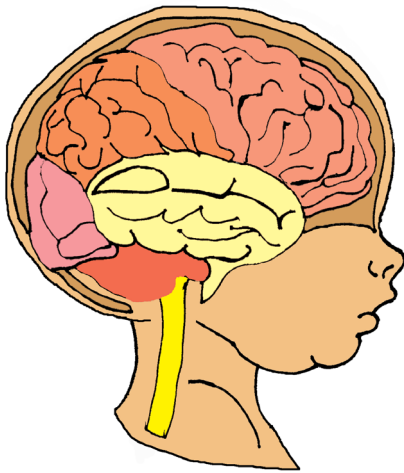


**Daily Do...Brain Builders****Handout JS13**

My child is in this stage of  
cognitive development and learning:

\_\_\_\_\_

Age Range

\_\_\_\_\_

Brain Builders Stage

Some parenting practices I'd like to focus on:

- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_

Continued



The potential payoffs that are important to me are:

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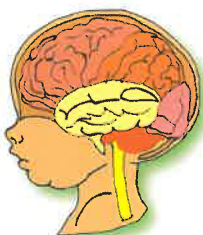
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D A I L Y D O

## Brain Builders: Prenatal

Supporting Cognitive Development and Learning

Handout JS13



Children experience 4 stages of learning, but BEFORE all this learning can take place, an infant's brain has to be formed. As a baby grows inside the womb, their brain begins developing so that when they're born, they'll be excited and eager to learn about the world.

### FORMING THE BRAIN

Supporting your unborn baby to form a brain that is ready for learning when they arrive.

Babies learn through everyday experiences when they have meaningful interactions with nurturing adults and engaging environments. These experiences shape how your baby's brain develops. By using **Prenatal Brain Builders**, you can help your infant feel confident to learn when they arrive and most of all... loved by you.



Parents can support prenatal development by incorporating these practices:

- **Good health habits and nutrition.** How your baby's brain develops in the womb is influenced by the quality of your nutrition, exercise, and overall health practices. As much as possible, remove yourself from stressful situations.
- **Talk with your baby.** Research shows that even beginning in the womb, babies can hear sounds and voices. This is the beginning of creating a bond that will serve as the foundation for learning once your baby arrives.
- **Begin creating an environment that encourages play and exploration.** Babies learn through play, so now is a good time to establish your baby's environment so it'll be ready when they arrive.

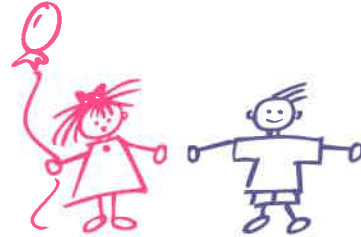
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What are the potential payoffs for parents and children when parents use Brain Builders many times throughout the day?

Children may:

- Be more ready to learn and succeed in school.
- Learn to be better problem solvers and creative thinkers.
- Believe in their ability to learn new things.
- Have better basic mechanical skills.
- Feel more capable.
- Do better in team sports.
- Have better memories.
- Have a better foundation for math, science, and reading.
- Learn how to be more organized and understand how things fit together.



Parents may:

- Find caring for their child more interesting and fun.
- Learn to recognize how play is connected to learning.
- Feel more pride in their child's accomplishments.
- Be more patient because they'll know the difference between learning and misbehaving.
- Feel like they're doing a better job providing learning opportunities.
- Feel more competent doing homework with children when they go to school.





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D A I L Y D O

## Brain Builders: Birth-6 Months

Supporting Cognitive Development and Learning

Handout JS13

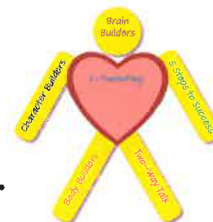


Children experience 4 stages of learning.  
This stage is:

### A WHOLE BODY EXPERIENCE

Supporting your baby to understand their world  
through their bodies and senses.

Babies learn through everyday experiences when they have meaningful interactions with nurturing adults and engaging environments. These experiences shape how your baby's brain develops. By using **Brain Builders**, you can help your infant feel confident to learn, safe to explore, and most of all... loved by you.



Parents can support child development at this stage  
by incorporating these practices:

- **Help your baby feel connected.** You are your baby's first playmate and most important toy.
- **Notice how your infant looks at objects and notices movement.** At this stage, babies are developing their vision skills and prefer objects with strong contrasting colors like black and white.
- **Encourage your baby's hand-eye coordination.** By putting objects within their reach, they will eventually begin switching toys in their hands and moving them toward their mouth.
- **Understand that babies use their mouth to explore objects and toys.** When they mouth objects, they're learning about texture, what the object might do, the size of the object, what it tastes like, etc. Remember to keep safe objects in their reach.
- **Encourage tummy time.** This helps improve their physical development beginning with their neck and trunk and moving to their arms and legs.

Continued





What are the potential payoffs for parents and children when parents use Brain Builders many times throughout the day?

Children may:

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- Believe in their ability to learn new things.
- Have better basic mechanical skills.
- Feel more capable.
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- Learn how to be more organized and understand how things fit together.



Parents may:

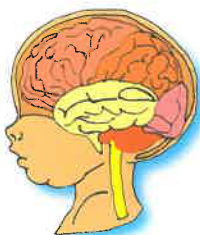
- Find caring for their child more interesting and fun.
- Learn to recognize how play is connected to learning.
- Feel more pride in their child's accomplishments.
- Be more patient because they'll know the difference between learning and misbehaving.
- Feel like they're doing a better job providing learning opportunities.
- Feel more competent doing homework with children when they go to school.





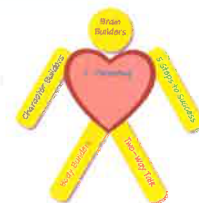
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D A I L Y D O

**Brain Builders: 6-12 Months***Supporting Cognitive Development and Learning***Handout JS13***Children experience 4 stages of learning.  
This stage is:***GROWING CONNECTIONS**

Supporting your baby to explore their world through their growing language, thinking, and physical skills.

Babies learn through everyday experiences when they have meaningful interactions with nurturing adults and engaging environments. These experiences shape how your baby's brain develops. By using **Brain Builders**, you can help your infant feel confident to learn, safe to explore, and most of all... loved by you.

*Parents can support child development at this stage by incorporating these practices:*

- **Support your baby's need for repetition.** Repetition helps infants learn new skills and helps them learn about cause-and-effect.
- **Encourage your infant's small muscle skills.** At this stage, babies are learning to pick up objects using their pointer finger and thumb. It's also important to encourage them to point to communicate what they want.
- **Create an environment that encourages play and exploration.** Babies learn through play. They're learning about the relationships between objects of different sizes and shapes and solving problems through exploration.
- **Support active play.** Play and learning at this stage includes large muscle development. Encourage your baby to roll, sit up, crawl, pull up, cruise, and walk.
- **Have conversations with your infant.** Babies are learning how to connect and communicate with others through back and forth interactions. Talk with your infant about what they're seeing, hearing, doing, touching, and feeling.

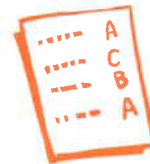
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*What are the potential payoffs for parents and children when parents use Brain Builders many times throughout the day?*

*Children may:*

- Be more ready to learn and succeed in school.
- Learn to be better problem solvers and creative thinkers.
- Believe in their ability to learn new things.
- Have better basic mechanical skills.
- Feel more capable.
- Do better in team sports.
- Have better memories.
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- Learn how to be more organized and understand how things fit together.



*Parents may:*

- Find caring for their child more interesting and fun.
- Learn to recognize how play is connected to learning.
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- Feel more competent doing homework with children when they go to school.







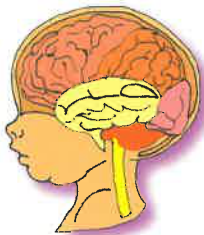
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D A I L Y D O

## Brain Builders: 12-24 Months

Supporting Cognitive Development and Learning

Handout JS13

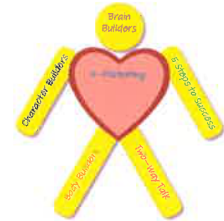


Children experience 4 stages of learning.  
This stage is:

### EXPLORATION AND PROBLEM SOLVING

Supporting your child to figure out how the world around them works.

Children learn through everyday experiences when they have meaningful interactions with nurturing adults and engaging environments. These experiences shape how your child's brain develops. By using **Brain Builders**, you can help your child feel confident to learn, safe to explore, and most of all... loved by you.



Parents can support child development at this stage  
by incorporating these practices:

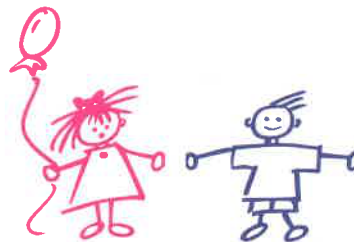
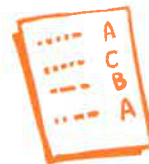
- **Support your child in learning how objects are used together.** They're making connections about how and why objects go together. They're learning about sizes, similarities, and differences.
- **Encourage your child to play near other children their age.** At this stage, they like to play NEAR peers but not necessarily with them. This side-by-side play helps them learn by observing and imitating others.
- **Encourage your child's developing communication skills.** At this stage, children might be using single words or small sentences. When playing with your child, encourage them to use their language skills by playing with toy telephones, mirrors, dolls, stuffed animals, and puppets.
- **Support physical coordination skills.** Active playtime is important to build strength, balance, and coordination. Children may be learning how to walk, run, climb, use the stairs, and throw a ball. Play games with your child that encourage these skills.



What are the potential payoffs for parents and children when parents use Brain Builders many times throughout the day?

Children may:

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- Believe in their ability to learn new things.
- Have better basic mechanical skills.
- Feel more capable.
- Do better in team sports.
- Have better memories.
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- Learn how to be more organized and understand how things fit together.



Parents may:

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- Be more patient because they'll know the difference between learning and misbehaving.
- Feel like they're doing a better job providing learning opportunities.
- Feel more competent doing homework with children when they go to school.



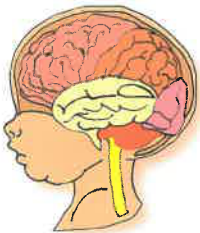


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D A I L Y D O

**Brain Builders: 24-36 Months**

Supporting Cognitive Development and Learning

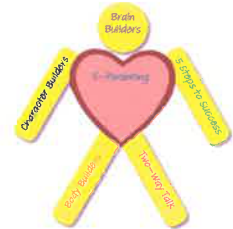
**Handout JS13**

Children experience 4 stages of learning.  
This stage is:

**A WORLD OF IMAGINATION AND CREATIVITY**

Supporting your child to explore the world using their imagination and creativity.

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Parents can support child development at this stage  
by incorporating these practices:

- **Use pretend play with your child.** Toddlers use their growing skills to play pretend by using toys to act out steps of familiar routines like feeding or bathing. Encourage your child to use objects as symbols. For example, a round pillow might become a pizza.
- **Encourage your child to solve problems through play.** Toddlers are learning to problem-solve through sorting, fitting things together like puzzle pieces, and using tools to get what they want like using a toy broom to get their toy under the chair.
- **Support your child's fast-growing language skills.** At this stage, toddlers are learning new words daily and using two-word phrases. Toddlers can understand stories and connect words with pictures.
- **Support small motor skills as the foundation for writing.** Encourage your child to pick up small objects with their fingers, hold a crayon with their thumb and pointer and control the strokes they make with crayons and markers.

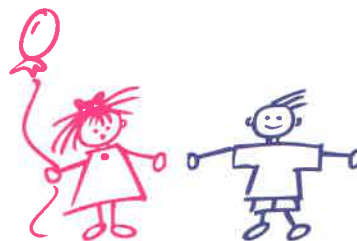
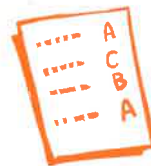
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*What are the potential payoffs for parents and children when parents use Brain Builders many times throughout the day?*

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