

# Bright From the Start... Educational Materials for New Parents

715 Sleepy Hollow Loop . Grants Pass OR 97527

(541) 956-5476 www.HoldYourBaby.com Sandy@HoldYourBaby.com

---

## Ten Fingers, Ten Toes, and 100 Billion Brain Cells

Nearly all babies are born with about 100 billion brain cells (neurons). These cells need to be connected in order to communicate with each other. Although some cells have already developed connections (dendrites) to other cells before birth, after birth is when the greatest number of connections will be made. Eventually, systems of complex connections will allow brain cells to communicate with each other.

Connections are caused by experiences, often referred to as brain stimulation. Experiences consist of anything that the baby sees, hears, smells, tastes, or touches.

Simple day to day experiences like hearing baby talk, seeing faces, touching fabrics, smelling a parent, and tasting breastmilk, will be used by the baby to build his or her unique brain.

Lots of cuddling, talk, and play is just what a growing brain needs to make large numbers of connections. If a baby has very few experiences, he will have fewer connections. His brain may even be smaller in size.

Babies need lots of experiences with people in order to grow develop, and learn (real people, not tv or videos). Babies themselves seek our attention by cooing, smiling, and, as we well know, by crying. They actively seek learning experiences!

Babies need repetition to strengthen connections between cells and we happily and automatically provide this for them. We say the same words over and over again, make faces, sing the same songs, and play the same games over and over again.

This early time period will have a significant effect on a child's future. The foundation is being built for their ability to learn, establish relationships, and regulate their emotions throughout their life.

---

*Motivate and Educate your new  
parents with*

*Little Steps for New Parents ...*  
a week-by-week guide and journal for baby's first year

52 weeks of parents education in one simple book

Please feel free to call or email for more information  
Available in English or Spanish

*Perfect for early intervention programs*

---



### **Breastfeeding is good for the brain in many ways**

More and more information is coming forth about how nutritionally beneficial breastmilk is for a baby's body and for his brain.

In addition to the nutritional benefits, babies are getting wonderful information to grow their brain and form neural connections. Each of the five senses, seeing, hearing, touching, tasting, and feeling are often engaged during breastfeeding.

Babies (all of us, actually) need to feel safe in order for our brains to be free to learn. Breastfeeding provides babies a sense that they will be loved, fed and cared for. Breastfeeding is good for healthy emotional development.

And, it provides an excellent training ground for important early language and communication development.

---

**Language is the most important mental  
accomplishment of  
early childhood.**

**Without the ability to use language skillfully,  
children are destined to fail in school, which  
makes them, as adults, less capable of  
competing successfully for good jobs.**

**Without the ability to use language skillfully  
children fail to establish positive relationships and  
develop a pattern of isolation from social interactions.**

**Dr. Donna Thal, UCSD**

---