

My baby's brain development

Brain development starts in the first weeks of pregnancy and continues at a very fast pace after giving birth.



DID YOU KNOW?

Talking to your baby accelerates brain development

Brain uses +60% of the body's energy

Holding or hugging your baby stimulates the brain to release growth hormones

Music boosts learning

WHICH NUTRIENTS BOOST YOUR BABY'S BRAIN DEVELOPMENT?

Nutrient	Benefits	Foods
IRON	Cognitive, motor, social-emotional, and neurophysiologic development	
OMEGA-3	Cognitive development (e.g., memory)	
VITAMIN C	Supports iron absorption	
IODINE	Cognitive development	
FOLIC ACID	Nervous system development during pregnancy (its deficiency could lead to neural tube defects)	

Examples of cognitive milestones



Until 4 months



- Responds to sounds
- Cries when needs something



4-6 months



- Turns head to follow familiar voices
- Shows interest in mirrors
- Smiles



7-9 months



- Claps hands
- Babbles and makes sounds like 'da', 'ga', 'ba', 'ka'



10-12 months



- Recognizes food by sight, smell and taste
- Associates 'mama' or 'dada' with parent



13-18 months



- Shows what he/she wants by pulling, pointing, or grunting
- Recognises body parts and frequently used objects



19-24 months



- Follows simple directions
- Recognizes him/herself in photographs
- Says an increasing number of simple words



+24 months



- "Reads" books by turning pages and looking at pictures
- Builds 2-3 word sentences

