



Tips for Growing Your Baby's Brain

Tip #3: Hold Your Baby

For the first few months after birth, the areas of the brain that help regulate emotions, breathing, heart rate, coordination, balance, and body movement are rapidly developing.

These areas of the brain also help your baby to respond and understand touch.

Holding your baby for at least three hours a day can help these areas of your baby's brain develop in a healthy way.

Young babies cannot control their arm movements. They are used to feeling warm and contained after nine months inside the mother's body.

Birth is a very big and frightening change for babies. Uncontrolled body movements, like they experience while being changed, can be scary to them.

One of the first things babies need to learn is that their world can be a safe and secure place. What better place to learn this lesson than in the arms of a parent?

Holding your baby should be gentle and predictable.

This way your baby will learn to associate your touch with warmth and comfort. This is how your baby learns to trust you and is the beginning of a lasting relationship.

Some parents worry that they will spoil their babies by holding them too much. This is not true! Your baby thrives on your touch. You can never hold a baby too much.