



## Tips for Growing Your Baby's Brain

### Tip #12: Develop Trust

Brain connections having to do with simple functions like becoming organized, developing control over limbs, and being able to pay attention to the world happen during the first six months of life.

These abilities form the foundation for the next area to grow—the area where trust begins.

How does a baby learn trust? When your baby lets you know she needs something and you respond by meeting her needs, you are helping your baby learn to trust.

The more times this pattern is repeated, the more brain connections are made and then used again and again. These connections start to become permanent, and your baby associates you with feelings of being taken care of.

When a baby is ignored, or not promptly taken care of, the baby releases stress hormones that may damage the brain. This baby may also have trouble learning to trust.

If this happens, the thinking part of the baby's brain—the next area to develop—will not be able to grow properly. This baby will have trouble reasoning and learning, and may have a lot of trouble later in school.

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Learning your baby's signals, and providing regular, predictable, and sensitive care, will help your baby fall madly in love with you—and help you fall madly in love with your baby!