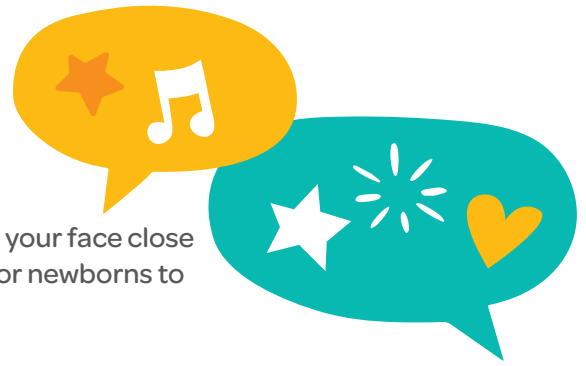


# Newborn Visit



## Faces

Babies see best up close, so put your face close to theirs. Faces are a great toy for newborns to learn from.

## Respond

Respond to your baby's cries. This is the best way to build your relationship and trust. Remember, you **CAN'T SPOIL A BABY BY RESPONDING TO THEIR CRIES.**

## Sleep

Sleep is so important for early brain development. Keeping a newborn awake during the day will not help him sleep better at night. To keep your baby from getting too tired, try to get your baby to sleep after being awake for 1.5-2 hours.

## Sportscast

Act like a sportscaster on TV and tell your baby everything you are doing and everything going on around them. Fill your baby's day with words. This teaches them early language skills.

## Touch

Touch is so important to build your baby's brain cells and to help your baby feel loved.

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### Sing What You Say

Diaper-changing is a great time to talk to your baby. Try stretching out your words and using a sing-song voice to tell them what you're doing when you change their diaper. Your voice is your baby's favorite sound!

**Suggested Age**

Vroom is not a diagnostic tool. For more info ask your child's doctor.

**0 - 6 months**

### Brainy Background™



Even if they can't talk back yet, your baby is listening to your words. Children's brains are wired to hear you talk in a sing-song voice. When you talk slowly and stretch the sounds out in a musical way, their eyes light up and their heart rates increase. You may not see it, but inside their brain they're already practicing talking with you.

#1116

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