

GROWING HEALTHY BRAINS

EASY AS **123**



When you interact with kids ages 0-3,
it helps build healthy brain connections.

123connectwithme.org

123
Connect
WITH **me**

Helping kids grow healthier brains.

Let's Smile & Connect

Early childhood matters.
When you interact with kids, it helps
build healthy brain connections.

Here are a few simple activities to
incorporate into your everyday routine
that will boost the development of
children from birth to age three.

1 Smile back

2 Make eye contact

3 Listen to sounds

Face-to-face interactions with your kids,
helps them grow healthier brains –
especially in their first three years.

Open your senses
and open their mind.

123connectwithme.org



Helping kids grow healthier brains.