

SOCIAL MEDIA

November: Week 1

(Image: November Social Graphic - Week 1.jpg)

Hey, I know you! Eye contact is important for emotional and intellectual development. Mutual gaze is a shared communicative experience between a parent and a baby that conveys information about a reciprocal interest and connection.

Learn how you can encourage your baby's eye contact here:
https://www.tinylove.com/us_en/articles/eye-contact-babies

#123connectwithme #eyecontact #parenting

Tag: @TinyLoveUSA

November: Week 2

(Image: November Social Graphic - Week 2.jpg)

Eye contact shared between a parent and baby is so powerful that their brain activity and heartrates actually sync up. This synchronization is the foundation for parent-child bonding and can have great impacts on your baby's mental health.

Follow this link to find great infant mental health resources in Nebraska:
<https://www.nebraskachildren.org/what-we-do/nebraska-association-for-infant-mental-health/resources.html>

#123connectwithme #babies #parenting #eyecontact #infantmentalhealth

Tag: @NebraskaChildren



Helping kids grow healthier brains.

[123connectwithme.org](https://www.123connectwithme.org)

November: Week 3

(Image: November Social Graphic - Week 3.jpg)

Eye contact is one of the first emotional and physical milestones your infant will achieve. Eye contact during infancy is related to the brain's ability to maintain attention and communicate. Is your baby meeting their milestones? Find out here!

https://www.cdc.gov/ncbddd/actearly/pdf/booklets/Milestone-Moments-Booklet_Printer_FNL-2020-P.pdf

#123connectwithme #milestones #eyecontact #parenting

Tag: @CDC

November: Week 4

(Image: November Social Graphic - Week 4.jpg)

Eye contact is one of the first ways you can show your child you love them! Even before your baby can speak, they are showing interest in you through their gaze. Next time you are giving your little one a bottle, or changing a diaper, or rocking them to sleep, look into their eyes and let them know how much you love them with your gaze.

#123connectwithme #eyecontact #parenting