

GROWING HEALTHY BRAINS

EASY AS **123**



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

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Connect
WITH **me**

Helping kids grow healthier brains.

Let's Snuggle & 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 Read to me

2 Hold me close

3 Get fresh air

Positively connecting with your infant
or toddler helps them grow healthier
brains – read out loud, snuggle up, take
in nature and soak up the benefits.

Discover new things together.

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