

Key Takeaways from Today's Session

- 1** From birth, the brain is flooded with information
- 2** The baby is born with a "birthday kit" of reflexes to start their exploration
- 3** Communication wires the brain, starting on the first day ("Serve and Return")
- 4** Our primary goal as parents: help build the child's brain ("Scaffolding")
- 5** The first 1000 days is the foundation for the school house
- 6** Year One: Point and Talk (about what your child is looking at now)
- 7** Year Two: Elaborate and Expand (on what your child says and does)
- 8** Take advantage of "the magic of everyday moments"

Tips to Create "Magic from Everyday Moments"

- Serve-and-return style parenting
- Match talk to development
- Promote the brain's executive function
- Establish everyday routines
- Play, with lots of feeling
- Play, while reading
- Play, to build muscle skills



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