

Introduction

Your baby is so amazing. She is born with the ability to learn about her environment and to know and understand you. Her brain, which formed while she grew in your womb, continues to develop remarkably fast.

Your baby's brain helps her to decipher all that is happening around her. Her senses of smell, sight, hearing, touch and taste teach her about the world in which she lives.

This is such an important time to introduce her gently to the things around her. Enjoy this time of exploration. During this time, a wonderful bond between you and your baby will form. This is a bond that you will share with her for a lifetime.

Hold her, love her, play with her and introduce her to the world in which she lives. And then sit back and watch her grow into the amazing person she is meant to be!

Oh, That Amazing Brain

Did you know that soon after birth, your baby can recognize you? She can also communicate with you by her facial expressions, cries, and body language. She continues to develop these skills as she grows. You will learn to understand her, just like she will learn to understand you.

Research shows that the simple things mean the most to your baby. Moms have known this for a long time. When you take care of yourself while pregnant, you help to give her that first start to developing right. When you spend lots of time with your baby strengthening that amazing bond, you help her to grow and develop for a lifetime.

One of the most important things that will develop is her brain. At birth, your baby's brain has billions of nerve cells, called neurons. They grow and connect with each other. These neurons control all of her body's functions, like seeing, hearing and moving. The connections that allow these neurons to communicate are called synapses. But your newborn needs to be stimulated in order for these neurons and synapses to form.

Early experiences "exercise" the neurons and strengthen them, much like exercise strengthens your body. Neurons that are rarely used will drop or die away. The dropping off of unused (or little used) neurons allows her "circuitry" to work better. Without this pruning, your baby wouldn't be able to walk, talk or see properly.

How Do I Teach My Baby To Talk?

At birth, hearing is one of your baby's most developed senses. She will learn language just by listening to you and others. She learns best in an environment that is rich with sights, sounds, and speech.

The first communication your baby learns is that when she cries, you will feed or comfort her. She will also begin to recognize important sounds, like your voice. She will distinguish between the sounds of your words, which will then help her to understand language. It's amazing how babies learn to talk simply by listening to you. This is why it is so important to talk to your baby. The more you talk to her, the more words she will learn.

Children vary in their ability to grasp language. There are lots of ways that you can help your baby learn this skill. Reading to her, singing to her, and playing music for her are just a few things you can do.

How Do Babies Learn?

Your baby learns best by watching you and everything going on around her. She will watch you interact with others. She will learn your facial expressions. She will learn that when you smile, you are pleased. She will even learn that she can make you smile.

Your baby will memorize your face and the shapes and lines in it. After a while, she will memorize the faces of all those who are most important to her. This is such a fun time for you to interact with your baby!

Your precious little one will learn more about her environment by playing with the things in it. Hand her a rattle, a coaster or a spoon. She will bang them together or on herself. She will put them in her mouth. All this time she is learning about textures, temperature, hardness and softness, how things taste or how they sound.

Most importantly, though, she will learn by imitating you. Stick your tongue out at her. Smile at her. Wink at her. She may even wink back. At first you might think it is an accident until you notice her doing it more frequently! Soon, she will begin to imitate you and others. Make up copycat games with her. Play peek-a-boo. She will have so much fun showing off her newly learned skills.

How Can I Best Teach My Baby?

Don't be too concerned about buying your baby things to stimulate her. She will prefer you above other things. She will become deeply interested in the sound of your voice, and she will be your biggest fan when you sing to her. She will love it when you play with her, and she will listen intently when you read to her. Your baby will enjoy the feel, taste and sounds of the things around your home. Just make sure that they are safe for her to have.

The majority of babies learn about their world from the day-to-day experiences around them. They just need a loving and caring family to interact with. Talk to her and tell her what you are doing when you bathe her or change her diaper. Let her hold a wooden spoon when you are cooking. It is through all of the sounds, smells, and tastes of her environment that she begins to understand this world she lives in.

Through your loving care, she will begin to develop her emotions. When you respond to her cries, she will feel secure and loved. Her only way of communicating with you is through her cries or gestures. You will always want to respond to her to make her feel safe and loved. She can never be spoiled by being held and loved too much.

Don't be in too big a hurry to teach your baby things. She will learn at her own pace. All you need to do is introduce her to the things in her environment. Provide her with the experiences, and she will take it from there. If she gets too fussy or upset, then you may be over-stimulating her. You will soon learn at what pace your baby is able to take in her surroundings.

Does She Really Know Me?

It won't be long before you and your baby become a real team. The attachment you share with her is the most amazing bond you will ever experience. You will understand how strong this bond is when she begins to smile at you. She will get excited when you enter the room or become upset when you leave. She will laugh when you sing or make faces at her.

Over time, your relationship with her will grow and deepen. And you will know the wonderful satisfaction of sharing a bond that will last a lifetime.

Putting It All Together

There are so many things that go into making your baby who she is.

How she develops in your womb and how well you take care of yourself are the first important beginnings to her life. After she is born, your loving care and response to her needs shape how she views her world. Will it be a safe and secure environment or a scary one?

Your introduction to the sights, sounds, smells and tastes of her environment teach her about how big her world is. Your interaction with her gives her the important building blocks of language and speech.

All of these early experiences help her to grow and develop. This is done with your love, affection and gentle guidance. Your regular home environment will provide her with all of the objects, textures and sounds she needs to play with and explore to learn about her world. See how important you are to your baby? Enjoy this time.

References:

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