# Did You Know, Play Builds Babies Brains?

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Infants are wired to learn and connect with people they love. Playing with infants every day builds your adult-child bond. When you sing, read, talk and look into the eyes of every infant and toddler, every day it helps their brain to grow.

## Tips for Everyday Play:

* Follow infants’ interests.

“Lily, I see you bouncing to the music, let’s dance together!”

* Talk about what you see.

“Sal, look at the red and blue balls! Do you want to hold one?”

* Sing and read.

“Sri and Nathan, snuggle in and let’s look at this story together.”

* Offer encouragement.

“Helena, you almost rolled over, come on big girl, let’s try again!”

## Citation:

Social and Emotional Tips for Providers Caring for Infants. Mackrain, M., Hepburn, K. & Perry, D.

## For more tips on infant play go here: <https://www.zerotothree.org/resources/1081-tips-on-playing-with-babies-and-toddlers>

