



Get Silly: Singing to support brain development

Did you know singing is an important activity you can do with your baby to grow their brain for listening and talking. Help your baby learn to listen and talk by singing to them. Here's something you can try.

As you're bouncing your baby up and down, sing the following phrases: "1-2-3 bounce-bounce-bounce. Up and down, up and down." Try making your voice go up in pitch when you're saying "up" and down in pitch when you're saying "down".

Next, observe and pause. How does your baby respond to your singing? Do they show you they want you to continue?

Not only is singing important for language learning, it makes life fun! Make up your own songs to sing while getting dressed, brushing teeth or picking up toys. Enjoy this precious time together, with the added joy of knowing you're helping your baby's brain grow. For more information on these tips, visit our website.