



PARENT GUIDE

Early Brain Development Guide

Parents of children 0–6 Years

An easy-to-follow overview of how young children's brains develop, and simple everyday actions that support healthy growth.

The Basics

- ☐ A child's brain develops fastest in the first 5 years of life
- ☐ Everyday interactions — talking, playing, responding — build brain connections
- ☐ Consistent, loving relationships are one of the biggest drivers of healthy development

What Helps Brain Development

- ☐ Talking, singing, and reading together every day
- ☐ Responding warmly and consistently when your child reaches out
- ☐ Hands-on play that lets your child explore, build, and problem-solve
- ☐ Predictable routines that help children feel safe

What to Limit

- ☐ Excessive passive screen time, especially under age 2
- ☐ Chronic high stress in the home environment
- ☐ Overly rigid schedules that leave no room for free play

Simple Daily Habits

- ☐ Narrate everyday activities like cooking or getting dressed
- ☐ Get down to your child's eye level during conversation
- ☐ Celebrate effort and curiosity, not just correct answers

**A NOTE FROM BRAINY INDIGO**

Small, everyday moments add up to meaningful brain development. If you'd like a clearer picture of your child's progress, try Brainy Indigo's free Child Development Assessment.