



What Are The Basics?

Research shows that 80% of brain growth happens by the age of three! Beginning from birth, young brains develop like little muscles, getting bigger and stronger the more you and your family interact with your child.

The Basics Principles



Maximize Love, Manage Stress

Children thrive when their world feels loving, safe and predictable. Respond with smiles, words, and touch to help them experience your love. This helps children form a secure attachment to you!



Talk, Sing and Point

Babies learn language from the moment they are born. Using eye contact, describing what you are doing throughout the day, and pointing to things as you describe them can help children learn new words and concepts.



Count, Group and Compare

Every child's brain is wired for math. Talk about numbers, shapes, patterns and comparisons in size as you go through your routines together!



Explore Through Movement and Play

Kids are like scientists who love making discoveries. Pay attention to what interests your child. Encourage curiosity by helping them play and explore more!



Read and Discuss Stories

Research shows that building story time into a child's daily routine supports building confidence, social emotional skills and literacy skills! Check out more of our resources to find out how to make book reading a FUN, engaging activity for infants, toddlers and preschoolers!

Who are The Basics principles for?

These principles and resources can help ANYONE who spends time with young children. We have resources for parents, grandparents, pediatric offices, parent educators and childcare providers!

How can I learn more?

We would love to share more with you! Let us get to know you by answering a few questions!



Follow us on Instagram to see more fun and simple ways to build your little one's brain!



EVMS
MINUS 9 TO 5
Preparing families from
conception to kindergarten



The Basics
HAMPTON ROADS



Children's Hospital
of The King's Daughters



Why do The Basics Principles Matter?

Experiences Build Brain Architecture



Check out this short clip that shows us how the brain learns and grows!

Recent Research Tells Us That...

- The most important input for early brain development and learning is the quality of interactions that babies experience with their caregivers
- A child's brain produces more than a MILLION neural connections per second
- After birth, the brain grows 1% per day for the first three months of life!

Supporting The Full Range of Brain Development



Maximize Love and Manage Stress



Secure Attachment and Self Regulation Skills



Talk, Sing and Point



STEM, Math and Science Skills



Count, Group and Compare



Language and Communication Skills



Explore Through Movement and Play



Kinesthetic Skill Building and Problem Solving



Read and Discuss Stories



Imagination and Empathy Building