



NBCDI
National Black Child
Development Institute

➔ Take Action!

Join the *Think Babies™* campaign and become an advocate for policies that can help your baby and family thrive:

Attend a Town Hall Meeting: “Town hall” meetings are a great venue for you to share your concerns with your elected



officials. Elected officials as well as your state and local leaders will regularly hold these sessions which are open to the public. They usually include a question-and-answer session – giving you the opportunity to share the *Think Babies™* message and ask about infant-toddler issues.



Meet with Your Elected Official: All Members of Congress have “district work periods”

when they meet with constituents in their home state or district. Schedule a meeting to discuss existing policy positions regarding babies and families.

Share Your Story: The *Think Babies™* campaign is working to make the potential of every baby a national



priority. Your story will bring to life what babies and their families need to thrive.



For more information, contact **April Williams, NBCDI's Vice President of Affiliate Advancement & Programs, at awilliams@nbcdi.org.**



Baby Brain Builders: Tools and Tips for Families

The National Black Child Development Institute (NBCDI) has partnered with ZERO TO THREE to promote the Think Babies campaign, ensuring that Black infants and their families have the tools and skills needed for them to thrive from birth.

Nurturing relationships, positive early learning experiences and good nutrition lay a strong foundation for the rest of your child's life.

➔ Practical Tips

Bonding With Your Baby

Making Mealtime Memories: When breastfeeding or giving your child a bottle, tell him/her a story about a happy childhood memory. If your child babbles or coos to you, make the same sound back to him/her. This is how babies learn language and the “rules” of conversation.

Making Melodies: Sing one of your favorite children's songs to your child while you change him/her. As you do, smile and make eye contact with your child. Encourage him/her to sing along too. When you are done changing your child, pick him/her up, sing the song again, and dance together.



Healthy Emotional Development

Daily Do-Over: Bedtime is a great time to look back on all the fun you and your child packed into the day. So tonight, ask your child what his/her favorite parts of his/her day were—like stepping in a puddle or popping bubbles at bath time. Then share yours with your child—he/she will love hearing about your day!

Change Clothes and Go! Even if your baby doesn't seem to understand yet, tell him/her everything you're doing as you get him/her ready in the morning. Start with getting dressed, what clothes you picked, the weather outside, and what will happen next (breakfast, then packing the diaper bag, and off to child care). Make eye contact as you chat, and respond when your baby makes sounds or babbles.

Strong Health and Nutrition

Boogie Baby: Boogie, baby! Your child may not be walking or talking yet, but with your help, they can definitely boogie. So turn on some music and hold your child as you dance around. When you're sitting down together, hold baby so he/she is facing you and gently jiggle your knees to the beat!

Food Fun: No matter what you're cooking, your child can be a helper. Give your child a play-by-play of the ingredients you're using and if it's safe, let him/her touch smell or taste them. Older toddlers and preschoolers can help to measure, pour, or stir!



