



BEST BEGINNINGS

Alaska's Early Childhood Investment

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1. Good Advice (:29)

Child development professionals say parents of young children should sing, talk and play with their kids. It's not just feel-good advice to make babies feel loved. Research confirms that plenty of what scientists call "serve and return" is essential to babies' brain development. Frequent, high quality interactions with the important adults in a baby's life set up her brain's wiring for all future learning.

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2. Think and Cope (:30)

In today's world, the ability to think and to cope with challenges just might be the most important skills for success in life. Those all-purpose, all-important mechanisms – thinking things through and learning to cope with the obstacles that life throws at us – are honed and refined through childhood and young adulthood. But thinking and coping mechanisms are first learned in the first two years of life.

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3. Babies on Track (:29)

All parents want their babies to grow up happy, healthy, and well-adjusted. But parents don't always know how to put their babies on the right track. Well, it's not magic. All it takes is positive interaction and lots of it. Sing, talk, play, ask questions. And keep at it. Everything you do with a young child helps his brain develop and builds the foundation for his whole life ahead.

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