You will notice that these tips promote two child development principles: Serve and Return and Executive Function skills.

Serve and Return, like a game of ball, involves a back and forth conversation between you and your child. One of you says or does something (serves) and the other responds (returns). The importance of these everyday interactions to brain building is a key finding from child development research.

This book is about a trustworthy relationship—a mother dog searching for her puppy to make sure he eats dinner. You can talk about all of the ways that families take care of their babies.

Another principle of promoting Self-Directed Engaged Learning is establishing a trustworthy relationship with your child.