

# Did You Know?

“Serve and return” interactions between an adult and a baby help shape the developing brain.



**Serve and return interactions are back-and-forth communication between an adult and a baby. Adults serve and return by responding when the baby smiles, uses eye contact, and makes sounds.**

- **When a baby coos or gestures, repeat the sound or movement**
- **Expand on what the baby does with new facial expressions, sounds, or gentle touch**
- **Keep the back-and-forth interaction going. Serve and return interactions build healthy communication, encourage secure attachment, and strengthen neural pathways in the brain.**



***You can make a difference!***

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