



[Better Brains for Babies](#) is a collaboration of state and local, public and private organizations dedicated to promoting awareness and education about the importance of brain development in the healthy growth and development of infants and young children in Georgia. K-State Research and Extension partnered with the University of Georgia Extension to provide the following information:

Building Baby's Brain Fact Sheets

[What to Eat When You're Expecting](#)

[The Basics](#)

[Is Breast Milk Best?](#)

[Prime Time for Learning](#)

[Creating Consistency](#)

[Nurturing Positive Relationships](#)

[The Importance of Play](#)

[Learning Language](#)

[Buffering the Brain from Toxic Stress](#)

[The Role of Music](#)

[What Parents Can Do](#)

[What Child Care Can Do](#)