

SERVE & RETURN

Positive interactions build sturdy brain architecture



One way a solid brain foundation can be built and maintained in a developing child is through “serve and return” interactions. Serve and return works like an imaginary tennis match between a child and a caregiver. But instead of hitting a ball back and forth, various forms of communication pass between the two.

A child literally reaches out for interaction. A good caregiver will

“return the serve” by speaking back, playing peekaboo, or sharing a toy or a laugh.

These interactions exchanged throughout a young person’s developing years are the bricks that build a healthy foundation for all future development.



BUILDING BETTER BRAINS

We all have the tools to help build better brains. By understanding the science behind brain development we can take action that will improve our physical and mental health and reduce risk for addiction across the lifespan.



AlbertaFamilyWellness.org/ServeAndReturn