Breastfeeding helps promote brain growth. Studies show that breastfed babies do better in school. Breastfeeding also helps improve your baby's vision.

Other ways to stimulate your baby's brain development:

- Your baby learns through her taste, touch, sight, hearing, and smell.
  - Read to her from “touch and feel” books or walk around showing and telling her about the things in your home.
  - Talk to your baby; encourage her to talk back to you by waiting for a response. If you speak in another language, speak to her in that language too. Teaching baby sign language allows her to communicate in another way before they develop the ability to speak.
  - Hold and cuddle her when she seems upset, happy, and confused.
  - Eat a variety of food. Your baby will taste these foods in your milk.

Fish Dish Delish

Ingredients:

- Any fillet fish (tilapia, tuna, catfish, trout)
- Fresh lemon or lime juice
- Lemon pepper
- 1/4 teaspoon of soy sauce for each fish
- A little butter

Instructions:

Preheat oven to 400. Place fillets individually on aluminum foil. Squeeze a little lemon juice over the fish (a few drops for each piece of fish), sprinkle with lemon pepper and soy sauce and a small dot of butter. Wrap fish in foil and seal tightly. Bake for 1 hour. Garnish with a sprig of rosemary or parsley.