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A blue rectangular graphic with a teal border. On the left side, there is a white icon of a brain with radiating lines, and below it, the text "Brain Building" in a bold, yellow, sans-serif font. On the right side, the text "DID YOU KNOW?" is in a bold, yellow, sans-serif font, followed by "that cuddling, holding, and playing with babies builds how they interact with others when grown?" in a white, sans-serif font.

Want to know how you can help build your baby's brain in this pivotal time?

During their first year, babies are developing bonds of love and trust with their parents and others. A hug encourages bonding by increasing the levels of oxytocin in the body.

Here are a few other benefits of hugging:

- Elevates mood
- Increases empathy & understanding
- Relaxes the body
- Boosts immune system

How have hugs helped your child in a tough situation? We'd love to hear from you! Join our community on [Facebook](#) and share your ideas.

Visit our website to learn more ways you can help your child's [#Brainbuilding](#).

Related News:

- [Raising A Compassionate Child](#)
- [Bedtime Routine Can Set Children Up For Success](#)
- [The 'Transformative Power' of Reaching Children Before Kindergarten](#)

The Brain Building series presents an interesting fact about early childhood that can help parents, grandparents, and caregivers nurture children's developing brains in their first five years. You can expect it in your inbox on the first Monday of every month.

The Children's Movement of Florida is a 501(c)(3) nonprofit, nonpartisan movement of Floridians insisting on a strong start for all Florida children.

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