The Brain Rules

- **pregnancy**
  - Healthy mom, healthy baby

- **relationship**
  - Start with empathy

- **smart baby**
  - Feeling safe enables learning
  - Face time, not screen time

- **happy baby**
  - Make new friends but keep the old
  - Labeling emotions calms big feelings

- **moral baby**
  - Firm discipline with a warm heart

- **sleepy baby**
  - Test before you invest