






Readiness Starts Early: Tips for Promoting Your Child's Learning

Birth–12 Months

12–24 Months

24–36 Months

 <p>Communication/ Language</p>	<p>Help your infant notice images in pictures with high-contrast illustrations, such as a black kitten against a white background. A play mat may have high-contrast images. Looking at the contrasts can support vision growth.</p>	<p>Look at a book or pictures of zoo animals with your toddler. Name and describe each animal as your child points to its picture. Encourage your child to join you in making the sound the animal makes.</p>	<p>Look at a book or pictures of zoo animals with your child. Encourage your child to say the names of animals of interest. For each animal, encourage your child to make the animal's sound and to move his/her body the way the animal moves.</p>
 <p>Cognitive</p>	<p>Take your infant on a tour of your home. Stop to talk about things on the walls and what can be seen through a window. Point to and describe objects of interest to your infant.</p>	<p>Provide dry or wet sand for your child to manipulate with hands, small containers, or scoops. Describe your toddler's efforts.</p>	<p>Encourage your child to use toy blocks or similar items to build a road for a toy vehicle. Invite your child to tell about the road. Is it short or long? Straight or curved? Where does the road go? Does it take a long time to get there?</p>
 <p>Self-Regulation</p>	<p>Support your infant's attention skills by slowly moving an interesting toy back and forth in front of your child. Describe how your child is watching the toy. Slowly change the movement, such as going up and down or in a circle.</p>	<p>Support your toddler's concentration skills by encouraging him/her to watch you help a toy fish swim in pretend water, with stops to eat and sleep. Your child may want to say where to swim and when to stop for a rest.</p>	<p>Sing the "Wheels on the Bus" or any song with arm or hand actions. Invite your child to watch you move arms or hands with the words in the song, such as wheels going round and round. Encourage your child to follow along.</p>
 <p>Social-Emotional</p>	<p>Sit with your infant in your lap, facing you. Make a happy face and describe your child's response, such as smiles or coos. Use your infant's response to build a back-and-forth interaction.</p>	<p>Join your child in playing with similar toys in similar ways. Examples: "You are going 'vroom' with your car. I will go 'vroom' with my car." "My horse is hungry. Is your cow hungry? Maybe we can feed our animals."</p>	<p>Play a simple board game or with a collection of small toys that provides practice in taking turns. Offer reminders about whose turn is next. Praise patience in waiting for a turn.</p>
 <p>Physical/Health</p>	<p>Support your child's body balance and control. Place several colorful toys on the floor in front of your infant, about 12 inches away. Talk about the infant's efforts to look at or reach a toy, such as lifting head during tummy time.</p>	<p>Invite your child to join you in moving hands and arms to a simple nursery rhyme, such as "Twinkle, Twinkle, Little Star." Examples: open and close hands, reach high.</p>	<p>Invite your toddler to move his/her body in different ways. Examples: Touch your nose, touch your toes. Turn around, touch the ground. Reach up high, stretch to the sky. Thumb straight up, thumb straight down.</p>