






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

## Birth–12 Months

## 12–24 Months

## 24–36 Months

 <p><b>Communication/ Language</b></p>	<p>Help your infant connect a picture of something in a book to a similar actual item in your home. Example: A cup shown in a book picture and a cup in your home.</p>	<p>Support your child's understanding of farms by reading a book or talking about pictures of farm animals and barns. If possible, visit a farm or a petting zoo that has farm animals.</p>	<p>After you read a book with your child, spend time talking about the color of things shown in the book's pictures. Encourage your child to say the names of colors and find the same color on another book page or in your home.</p>
 <p><b>Cognitive</b></p>	<p>Offer 2–3 small toys plus a cup or container for your child to explore. Your infant may try putting toys in the cup. Describe the items and what your child does with them.</p>	<p>Engage your child in building with toy blocks or some other type of building material. Your child may like to construct a road to a special destination, such as a farm, or a fence around a yard or pasture for keeping an animal safe.</p>	<p>Support your child's problem-solving skills by inviting him/her to use blocks for building a pretend house for a favorite toy. Gently encourage thinking about whether the building is big enough.</p>
 <p><b>Self-Regulation</b></p>	<p>Provide repeated experiences in calming down after a stimulating activity. Hold your infant, talk softly, hum or sing a gentle tune, and explain it is time for us to calm down.</p>	<p>Provide your child with practice in calming down. Encourage your child to breathe slowly and deeply, and to close his/her eyes or look at one thing for a short while.</p>	<p>Provide your child with practice in calming down. Encourage breathing slowly and deeply while lying down. Suggest your child put a relaxed, open hand on his/her tummy to feel up and down movements while breathing.</p>
 <p><b>Social-Emotional</b></p>	<p>Let your child know you are tuned into him/her by describing your child's responses to pictures or sounds during a book sharing. Examples: "Your eyes are looking at the big elephant." "You made a noise when you saw the kitty."</p>	<p>Support your child's experiences in making something with another person. Take turns in adding an item to the creation, such as blocks in a tower, or beads in a snap bead chain.</p>	<p>Invite your child to join you in preparing a simple food item. The process of making something with another person is just as important as the finished product.</p>
 <p><b>Physical/Health</b></p>	<p>Support reaching and grasping skills by putting 1–2 appealing toys about 12 inches in front of a young infant during tummy time or by encouraging an older infant to move large snap beads or similar toys from one bowl to another.</p>	<p>Make up a simple song or use a familiar song that encourages your child to clap his/her hands as part of the words. Your child may wish to sing with you. Provide experiences in clapping softly and clapping loudly.</p>	<p>Provide your child with practice in controlling arm movements. Offer a paper streamer, scarf, or light towel for your child to move when you say "swing, swing, back and forth." Suddenly say "stop!" Change arms and repeat.</p>