






# 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>Young children enjoy looking at pictures of babies. Show your child some pictures of babies in your extended family, including pictures of your own child. Talk about what the baby is doing in a picture.</p>	<p>Engage your toddler in play with water sprayers, such as spray bottles, and/or a tub with a small amount of warm water and a colander. Describe how the water is falling like rain.</p>	<p>Engage your child in play with wind by using a small fan or playing out-of-doors on a windy day. Select a few items to find out if they blow in the wind. Use the words <i>up</i> and <i>down</i> to describe the movement of the items.</p>
 <p><b>Cognitive</b></p>	<p>Select familiar textured objects to share with your infant, such as socks with grippers at the bottom, stuffed animals, a bib, and a washcloth. Encourage your infant to touch each object as you describe how it feels and say its name.</p>	<p>Name items of clothing when you help your child get dressed. Invite your toddler to say the names with you.</p>	<p>Gather in a pile some clothing items your toddler will wear for the day. Name and describe items for your toddler to find.</p>
 <p><b>Self-Regulation</b></p>	<p>Select a few simple toys or items of interest to your infant, such as a car or ball. Support your infant's concentration skill by encouraging your infant to watch you manipulate an item, such as dropping a ball into a container.</p>	<p>Invite your toddler to dance to his/her favorite music. Encourage your child to stop dancing and try to stand still when you stop the music. You can play the game without music by simply saying "dance" and "stop dancing." This simple game can support your child's skill in paying attention and remembering what to do.</p>	
 <p><b>Social-Emotional</b></p>	<p>Look in a handheld, nonbreakable mirror with your infant. Point out facial features. Encourage your infant to touch parts of his/her face, such as nose and mouth, and parts of your face.</p>	<p>Provide a small ball of play dough or a piece of paper and age-appropriate drawing tools for your toddler to use in making his/her face or your face. Remind your toddler that a face has eyes, a nose, and a mouth. Be flexible about what your toddler decides to include.</p>	
 <p><b>Physical/Health</b></p>	<p>Sit or kneel on the floor with your infant. Provide support for your child to stand, such as holding your infant's torso. Describe what your infant can see while standing.</p>	<p>Encourage your child to gently shake a bell, maraca, shaker, and/or rattle. Use a mix of slower and faster rates of shaking. Point out how our hand movements make the sound.</p>	<p>Fill one large bowl halfway with water or a dry material. Leave a second large bowl empty. Provide cups, spoons, or scoops for your toddler to use in transferring the water or material to the empty bowl.</p>