






# 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>Infants like to look at faces! Talk with your infant about facial expressions by showing pictures of children's faces and/or by making different types of facial expressions to your infant.</p>	<p>Support your toddler's knowledge of action words by describing what you are doing when preparing a meal or putting away groceries. Examples: "I am reaching high to put away cereal." "I am moving my hand to stir our soup."</p>	<p>Offer a sponge and a small tub of warm water for your toddler to make different kinds of pretend rain sounds. Focus on how the sponge is squeezed, such as slow and fast. How does the "rain" sound?</p>
 <p><b>Cognitive</b></p>	<p>Support your infant in playing with a sound-making toy or a pop-up toy. Talk about how your infant's actions with the toy can make something happen.</p>	<p>Offer a toy that your child can take apart, such as two or more large snap beads that you connect. Show how to put the toy back together, if appropriate. An older toddler may enjoy a more complex fit-together toy, such as star builders.</p>	
 <p><b>Self-Regulation</b></p>	<p>Place your infant in your arms or sitting with support across from you, so he/she can see your face. Move your mouth to make different types of sounds, such as a "raspberry" sound with your lips. Describe your child's reactions.</p>	<p>Support your toddler's concentration skill by putting in a basket some small items that include items that are the same color or are identical. Pull one item from the basket and ask your child to find another item that is the same.</p>	<p>Provide your child with practice in matching identical picture cards, such as cards in a memory game. Start with 6–10 cards (3–5 matches) on a table in random order, face up. Encourage your child to look at picture details.</p>
 <p><b>Social-Emotional</b></p>	<p>If your infant is awake and alert when you arrive at or leave your child development center, encourage him/her to wave at some of the people you see together. Say the name of the person your child is greeting.</p>	<p>Show pictures of people in your larger family, such as your child's cousins or grandparents. Encourage your child to say with you the name of each person.</p>	<p>Read with your child a book that involves two or more children doing things together. Talk with your child about what the children do and how they get along.</p>
 <p><b>Physical/Health</b></p>	<p>Encourage your child to use both hands to hold and explore a toy. Support use of each hand, one at a time or together, as appropriate.</p>	<p>Provide your toddler with experience in throwing or rolling a large soft ball to try to knock over empty milk jugs.</p>	<p>Offer your toddler safe practice in jumping. Emphasize how we use our legs, feet, and knees. We bend our knees, we lift both feet, and we land on both of our feet.</p>