



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

Birth–12 Months

12–24 Months

24–36 Months

 <p>Communication/ Language</p>	<p>Share with your infant a book that includes pictures of some familiar objects. Examples: car, pet, fingers, hat. Name and describe the objects, especially items that your infant points to or looks at intently.</p>	<p>Invite your toddler to join you in pointing to eyes, ears, nose, and toes on your own bodies. Add challenge by including other body parts of interest, such as tummy and legs. Invite your child to say names with you.</p>	<p>Strengthen your child's understanding of the names of important body parts by encouraging him/her to touch head, nose, knees, and toes as you say each. Add challenge by changing the order in which parts are touched.</p>
 <p>Cognitive</p>	<p>Offer 1–2 soft balls for your infant to explore by looking, touching, holding, or maybe mouthing. If available, a clear ball with an object inside may interest your infant. Describe your infant's actions.</p>	<p>Offer nesting cups or other easy-to-hold items that fit into each other. Encourage your child to explore how the items can fit into each other and also how the items can be stacked when turned over.</p>	<p>Invite your toddler to use blocks to build a boat for one or more favorite toys. Encourage your child to think and talk about the size of the boat in relation to the size of the toy(s).</p>
 <p>Self-Regulation</p>	<p>Provide practice in calming down after a stimulating activity. Hold your infant in your lap or arms, sing or hum a gentle tune, and pat your infant's back. Explain we are calming down.</p>	<p>Provide practice and support for your toddler to calm down after a stimulating activity. Explain it is time to calm down. Encourage your child to sit quietly. Pat his/her back and sing or talk softly.</p>	<p>Invite your child to make a frog (yoga) pose.</p> 
 <p>Social-Emotional</p>	<p>Watch and describe how your infant plays with a favorite toy. Talk about how your child explores and responds to the toy. Example: "You have a big smile when you shake your rattle. Your rattle makes a noise!"</p>	<p>Make up a simple song or saying that includes names of people in your family. Encourage your toddler to clap whenever you say his/her name.</p>	<p>The next time your toddler plays with a toy, ask if you can play alongside with a different toy. Talk about what you are doing. Invite your toddler to also talk about what he/she is doing.</p>
 <p>Physical/Health</p>	<p>Offer a soft toy for your infant to feel and maybe hold. Encourage an older infant to touch or hold the toy with both hands.</p>	<p>Invite your toddler to use different types of art tools to make marks on a blank piece of paper. Examples: paintbrush dipped in water, crayon, marker. Talk about differences in the marks and how your child holds the tools.</p>	<p>Offer a song or rhyme that includes hand and other body actions, such as "I'm a Little Teapot" or "Itsy Bitsy Spider." Encourage your child to do the actions with you.</p>