






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

Birth–12 Months

12–24 Months

24–36 Months

 <p>Communication/ Language</p>	<p>Read with your infant a book that includes textures to feel, such as the soft “fur” of an animal. <i>Baby Touch and Feel</i> books are an example. Describe things your infant feels in the book.</p>	<p>Read a book that includes words that rhyme or say a nursery rhyme. Emphasize words that rhyme. Invite your child to say rhyming words with you.</p>	<p>Help your toddler understand the difference between words and pictures in a book by pointing to words that describe something in a picture. Example: “These words say the puppy is jumping.”</p>
 <p>Cognitive</p>	<p>Encourage a younger infant to reach for and grasp a favorite toy that is partially hidden in your hand. Encourage an older infant to creep or crawl around a small barrier, such as a box, to reach a favorite toy.</p>	<p>Read with your child a book about size, such as <i>The Three Bears</i>.</p>	<p>Use a sheet or piece of fabric to create a pretend round pond of water. Give your child a toy duck or an item that can be an imaginary fish or duck. Encourage your child to walk around the pond with the toy. Then change direction.</p>
 <p>Self-Regulation</p>	<p>Support early concentration skill by encouraging your infant to visually follow an interesting object you hold in your hand and move around. Offer the object for your infant to hold and manipulate, if interested.</p>	<p>Put the palms of your hands together to make an imaginary fish. Encourage your child to do the same and follow along. Pretend your fish is swimming. Your fish gets tired and hungry. It stops to rest and eat, and then swims again.</p>	<p>Sing a song that involves moving our bodies, such as “Teddy Bear, Teddy Bear Turn Around” or “I’m a Little Teapot.” Invite your toddler to do the movements with you.</p>
 <p>Social-Emotional</p>	<p>Describe what you are doing during a care routine with your infant, such as a diaper change. Example: “I am going to pick you up now.” Describe your infant’s communications and actions during the routine.</p>	<p>Support your child’s contributions to family routines by encouraging your child to help you do a simple task, such as setting the table for a meal.</p>	<p>Provide experience in sharing by offering one ball of play dough for you and your child to share in making separate creations.</p>
 <p>Physical/Health</p>	<p>Look for opportunities to support your infant in rolling over, pushing up, or crawling during playtime. Your infant will enjoy your enthusiasm for his/her accomplishment!</p>	<p>Offer a simple finger play that you know or your child’s caregiver can describe for you, such as “I’m a Little Teapot,” “Itsy Bitsy Spider,” or “Open Shut Them.” Encourage your child to do the finger play with you.</p>	<p>Offer markers or crayons and different types of textures for your toddler to mark on. Examples: smooth paper, construction paper, cardboard. Point out differences in how the marker or crayon moves.</p>