







# 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>Share with your infant a book that has pictures of babies or young children. Describe what the children are doing. Help your infant hold the book and turn pages, if appropriate.</p>	<p>Read with your toddler a book about things that can make noise, such as farm animals or vehicles. Make a sound at quieter and louder levels. Encourage your child to join you. Talk about quieter and louder sounds.</p>	<p>Sing a song that is familiar to your toddler. Sing the song a second time, leaving out some key words or phrases for your child to fill in. Offer hints as necessary.</p>
 <p><b>Cognitive</b></p>	<p>Provide experiences in seeing something that briefly disappears and then reappears. Show and move around a small appealing toy. Then cover it with a blanket or put it behind your back. "Where did it go?" "Oh, here it is!"</p>	<p>Secure a muffin pan or another type of item that has compartments. Invite your child to put one small toy in each opening. Emphasize we put one toy in each opening. Invite your child to remove the toys, one at a time.</p>	<p>Invite your child to name items of clothing when you help him/her get dressed or undressed. Talk about how the clothing item is made to fit a specific part of our body, such as holes for our head and arms in a T-shirt.</p>
 <p><b>Self-Regulation</b></p>	<p>Provide practice in calming down after a stimulating activity. Hold your infant in your lap or arms, sing or hum a gentle song, and rub or pat your infant's back. Explain that 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 hum a gentle song.</p>	<p>Invite your child to make a downward dog pose (yoga).</p> 
 <p><b>Social-Emotional</b></p>	<p>Engage your infant in gently touching a doll or other soft toy. Pretend we are petting a furry animal toy or rubbing the back of a baby (doll) who is upset about something.</p>	<p>Read a story or talk about a recent experience that involves happy and sad feelings. Talk about reasons for feeling happy and for feeling sad.</p>	<p>Support your child in helping care for a living thing in your home or yard, such as a nontoxic plant or a pet.</p>
 <p><b>Physical/Health</b></p>	<p>Support arm and hand muscles by encouraging your infant to reach for and hold a cloth item, such as a clean colorful sock, or a toy that has a hole(s) that fingers can safely explore.</p>	<p>Lead your toddler in balancing and moving parts of his/her body while holding a soft toy. Lift toy over our head, move toy to the floor, hold toy on one side and then the other side, turn around, fall down!</p>	<p>Provide small items that support your child's use of hands and fingers, such as chubby wooden beads to put on a string, or toy nuts and bolts that fit together. Show how the items work, as appropriate.</p>