





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

Birth–12 Months

12–24 Months

24–36 Months

 <p>Communication/ Language</p>	<p>Support your child's understanding of waving hello and goodbye by waving when you arrive/depart with your infant at the child development center and when greeting people at home. Invite your child to wave.</p>	<p>Strengthen your toddler's awareness of quieter and louder sounds by encouraging him/her to make some quiet sounds and then louder sounds by shaking a rattle, tapping a box or toy drum, ringing a bell, saying "hello."</p>	<p>Frogs are often featured in children's stories. Invite your child to pretend to be a frog. Encourage moving around by jumping, making a "ribbet, ribbet" sound, and saying "chomp, chomp" when pretending to eat.</p>
 <p>Cognitive</p>	<p>Gently move a colorful toy back and forth while your infant watches. Then put the toy on the floor and partially or fully cover it with a cloth. Explain the toy is still here but we cannot see it. Help your infant uncover the toy.</p>	<p>Put several small toys in two small containers with a lid on each. Invite your child to move the toys to a larger container. Encourage your child to figure out how to remove the lids and where to put toys in the larger container.</p>	<p>Invite your child to create something of his/her interest with different sizes of blocks, Legos®, or similar material. Support your child's efforts to figure out on his/her own how to build with items of different sizes.</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 song, and pat or rub your infant's back. Explain we are calming down.</p>	<p>Provide your child with practice in calming down after an exciting activity. Encourage your child to breathe slowly and deeply, and to close his/her eyes or look at one thing for a short while. Explain we are calming down.</p>	<p>Help your toddler calm his/her body and mind by pretending to be seaweed that gently sways back and forth in pretend water. Encourage moving arms slowly and keeping feet on the floor.</p>
 <p>Social-Emotional</p>	<p>Hold your infant in your arms or on your lap facing you. Sing a simple song and gently move your body with the tune. You may wish to make up a song. Maintain eye contact with your infant and offer positive facial expressions.</p>	<p>Share a book that gives attention to the relationship between two human or animal characters. Examples: a story about how a parent loves a child or a disagreement between two characters. Talk about what happens and why.</p>	<p>Talk with your child about his/her experiences in "feeling up" when happy or excited about something, and "feeling down" when sad or worried about something.</p>
 <p>Physical/Health</p>	<p>Support experiences with hand movements by encouraging your infant to clap along with you as you say or sing "clap, clap, clap together." Offer a rattle for your infant to shake as you say or sing "shake, shake, shake together."</p>	<p>Support balance and coordination skills by identifying a path in your home or yard for your child to walk along while carrying a light object with both of his/her hands. Add challenge by including turns in the path.</p>	<p>Provide 6–10 small blocks or similar items for your child to put in a row, circle, or other configuration by using his/her fingers, one block at a time. Repeat by suggesting your child create a different arrangement.</p>