






# 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>Describe what is happening during daily routines that may involve other family members. Use short sentences. Maintain eye contact with your infant. Example: "You are eating. Big brother is eating. I am eating. We are all eating!"</p>	<p>Share with your child a book or pictures that show farm animals. Point to and name some animals. Describe what they are doing. Describe your child's reactions and spend more time on animals of interest to your child.</p>	<p>Support your child's story recall skills by encouraging him/her to retell what happens in a book you share together. Invite your child to use pictures in the book to remember what happens.</p>
 <p><b>Cognitive</b></p>	<p>Support early problem-solving skill by putting in front of your infant two different types of toys. Place the toys within easy reach of your infant and encourage him/her to touch, hold, or play with one of them.</p>	<p>Encourage your child to pretend a set of blocks or similar material is something else related to his/her interest. Examples: bench for doll to sit on, bed for doll to sleep on, fence to keep animals safe, road for vehicle.</p>	<p>Gather a small collection of your child's favorite small toys. Pretend you are in charge of a toy store. As your child plays, ask if he/she would like one or two more toys to play with. Promote the concepts of one and two, not larger numbers.</p>
 <p><b>Self-Regulation</b></p>	<p>Secure a clean nylon scrunchie or similar item and a cup. Put the scrunchie in the cup and hold the cup so your infant can see the scrunchie. Remove the scrunchie. Describe your actions. Offer the items for your infant to explore.</p>	<p>Use a small item as a pretend rabbit. Encourage your toddler to watch you help the rabbit jump around and then hide under one of 2–3 containers. Ask your child where the rabbit is hiding. Repeat with a different hiding place.</p>	
 <p><b>Social-Emotional</b></p>	<p>Share a picture book with your infant. Let your infant know you are tuned into him/her by watching and describing your infant's reactions to the pictures.</p>	<p>Share a book that tells about a main character in situations that can involve different types of feelings, such as being happy, sad, or scared. Talk with your child about what the character feels and why.</p>	<p>Remind your child that it is okay to sometimes feel angry or sad. Describe ways to feel better: Give ourselves a hug, breathe slowly and deeply, sit quietly, gently rock back and forth, hum a favorite tune, cuddle with a parent.</p>
 <p><b>Physical/Health</b></p>	<p>Support development of balance and upper body strength by holding your infant in a secure comfortable position and moving to calm music. Infants generally enjoy smooth movements, such as walking and side-to-side steps.</p>	<p>Support eye-hand coordination by inviting your child to build a short tower with similar items, such as blocks, or put rings on the peg of a stacking toy.</p>	<p>Invite your child to play <i>Simon Says</i> with you. Demonstrate and include requests that involve moving across the midline of our body, such as using one hand to touch the elbow of our other arm and the knee of our opposite leg.</p>