






# 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>Infants enjoy rhythmic music. Sing a simple song that you know or make up while facing your infant. Include facial expressions and hand gestures. Your voice is more meaningful to your infant than recorded music.</p>	<p>Show and describe pictures of children doing things together. Many children's books focus on children engaged in an activity. Help your child connect a pictured activity to something he/she knows or has experienced.</p>	<p>Invite your child to join you in a "word walk" in your home to find words on a wall, items hanging on the refrigerator, books, magazines, a television and appliances (brand names), and maybe on the front of your home.</p>
 <p><b>Cognitive</b></p>	<p>Secure two similar types of toys, such as a doll and a toy bear. Encourage your infant to hold or manipulate one of the toys while you engage in simple play with the other toy. Describe your actions.</p>	<p>Put 2–3 inches of warm water in a tub with a few drops of tear-free soap or shampoo. Gather some toys and invite your child to help wash them. Encourage your child to move his/her fingers around each toy as it is washed.</p>	<p>When your child is engaged in pretend play, such as cooking or making something with blocks, gently ask what he/she is doing with a specific item involved in the play.</p>
 <p><b>Self-Regulation</b></p>	<p>When your infant is alert and ready for some action, say the "This Little Piggy" rhyme as you gently touch your infant's toes, one at a time. Do not tickle. Repeat with the other foot if your infant remains interested.</p>	<p>Support concentration skill by providing picture cards or toys, such as blocks, that include some identical items. Encourage your child to find items that are the same. Talk with your child about how some things are the same.</p>	<p>Help your toddler calm his/her body and mind by pretending to be a tree with branches (arms) that move in pretend wind. Encourage moving arms slowly and keeping feet (the tree's roots) on the floor.</p>
 <p><b>Social-Emotional</b></p>	<p>Offer a rattle or similar toy to your infant. Hold the rattle for your infant to touch, if appropriate. Stay close by and show interest in your child's actions. Join the play if your infant reaches toward you or hands you the toy.</p>	<p>Remind your child that sometimes we get upset about something. Talk about ways to feel better when we are upset: give ourselves a hug, get a hug from a parent or relative, take slow and deep breaths, hum a favorite song.</p>	<p>Share a book that provides opportunities to talk with your toddler about how a story character might feel about something that happens in the story.</p>
 <p><b>Physical/Health</b></p>	<p>Provide opportunities for your infant to reach for, touch, and maybe hold or manipulate a ball made of soft material. Hold the ball in front of a younger infant and roll the ball toward an older infant.</p>	<p>If your child uses a riding toy at home or at the child development center, encourage him/her to talk with you about how the riding toy works. What do we do with our legs? Our hands and arms? Where do we look?</p>	<p>Provide practice in jumping in different ways: jumping in place, jumping forward, jumping from a squat position. Remind your child to stand with feet apart, but not too far apart, to help our body not tip.</p>