






# 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>Sing to your infant a simple nursery rhyme you know or make up. Consider using a small toy, such as a toy star or spider to do actions with the song rather than using your fingers.</p>	<p>Support the ritual of saying “goodnight” at bedtime by encouraging your toddler to say “goodnight” to family members and favorite toys and things used at bedtime, such as “goodnight, toothbrush.”</p>	<p>Share a picture book that includes no or few words. Encourage your child to make up a story by looking at the pictures.</p>
 <p><b>Cognitive</b></p>	<p>Offer your child a simple toy that can easily come apart such as putting a small ball inside a cup. Present the cup and ball in a way that your infant can see the ball. Describe your child's explorations.</p>	<p>Create a short ramp by elevating one end of a piece of cardboard or similar material. Invite your child to hold a ball at the top of the ramp and let it go when you say “go.” Emphasize how the ball rolls when he/she lets go.</p>	<p>Put items that have hard or soft surfaces in a bag. Invite your child to put his/her hand in the bag, feel one of the items, tell whether it is hard or soft, and then remove the item.</p>
 <p><b>Self-Regulation</b></p>	<p>Place 2–4 appealing small objects in a basket or box. Put the basket/box in front of your child when he/she is alert. Encourage him/her to touch or take out each toy. Support persistence in exploring the toys.</p>	<p>Secure a simple puzzle that includes a picture of each piece on the puzzle board (just under the piece). Remove each piece. Point to a picture on the puzzle board and invite your child to find the piece with the same picture.</p>	<p>Invite your child to play a game of pretending to sleep and then acting like an animal you say when it is time to wake up. Example: “It is time to wake up, little monkey!”</p>
 <p><b>Social-Emotional</b></p>	<p>Draw your child's attention to the play activities of another young child during drop-off/pickup times at the child development center, or to a sibling or other child in your home. Describe what the other child is doing.</p>	<p>Play alongside your toddler. Use the time to show good social skills, such as taking turns with play materials and thanking your child for something he/she gives you or suggests that you do.</p>	<p>Read with your child a story that involves a main character having different types of feelings, such as happy or sad. Talk with your child about why the book character has a feeling described in the story.</p>
 <p><b>Physical/Health</b></p>	<p>Place a carpet square or rug on a smooth floor to provide experiences in crawling, creeping, or walking on different textures. Lead your child along the short path. Describe each surface as your child experiences it.</p>	<p>Support practice in bending, walking, and carrying an item while walking. Place a set of appealing toys on the floor in one area of a room and invite your toddler to carry the toys, one by one, to a different room area where you play together.</p>	<p>Support hand muscle development by encouraging your child to pick up items with his/her fingers, such as putting small toys in a container or putting cereal or crackers in a bowl.</p>