







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

Birth–12 Months

12–24 Months

24–36 Months

 <p>Communication/ Language</p>	<p>Play <i>Peekaboo</i> with your infant. Describe your infant's response to seeing your face. Use your open hands to cover your face if a blanket or other type of cloth upsets your child.</p>	<p>Invite your toddler to act out one or two exciting parts of a familiar story, such as "Five Little Monkeys Jumping on the Bed."</p>	<p>Encourage your child to tell you parts of a favorite storybook. Invite your child to tell what happens first and what happens next in the story.</p>
 <p>Cognitive</p>	<p>Provide a soft, cuddly toy and a toy with a smooth surface for your infant to feel. If your infant is older, offer a plastic ring and a silky fabric for your infant to put into and pull through the ring. Describe your infant's explorations.</p>	<p>Offer your toddler safe experiences in exploring what happens to a tub of water when toys of different size or weight are gently dropped into the water, and when more water is poured into the tub.</p>	<p>Collect some of your child's small toys. Invite him/her to find toys that are the same in some way. Examples: same color; same type of part, such as wheels.</p>
 <p>Self-Regulation</p>	<p>Provide practice and help for your infant to calm down after a stimulating experience. Hold your infant, sing or talk softly, and pat his/her back.</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 talk softly.</p>	<p>Yoga is a proven way to help us calm our minds and bodies. Invite your child to make a tree pose. It is fine to stand on both feet if using one foot creates a balance challenge.</p> 
 <p>Social-Emotional</p>	<p>Use a rattle, bell, or similar toy to engage your infant in back-and-forth play. Shake the toy and then invite your infant to shake the toy. Mimic what your infant does with the toy. Emphasize you are making sounds together!</p>	<p>Pretend you and your toddler each have a telephone. Engage in a conversation using your imaginary phones. Talk about your day, what you ate or will eat, and other topics of interest to your child.</p>	<p>Use chairs or a couch in your home as seats on a pretend bus. Take your child on an imaginary trip to a place of interest to your child. What do you see along the way? What do you do when you arrive? Who drives?</p>
 <p>Physical/Health</p>	<p>Invite your infant to hold a small item in his/her hand and then let it drop to the floor or into a container. Describe how his/her hand is closed and then open. Encourage an older infant to use the opposite hand and both hands.</p>	<p>Create a simple path in your home for your toddler to walk on. Include some turns or gentle curves. When your child reaches the destination, invite him/her to walk back to the starting point.</p>	<p>Support hand muscle development by encouraging your child to dress and/or pretend to feed a doll.</p>