


# 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>Strengthen your infant's understanding of the word "goodnight" by saying goodnight to available family members and favorite toys at bedtime. Read the book <i>Goodnight Moon</i> to your infant, if available.</p>	<p>Invite your child to say the names of what you point to on your own body: eyes, ears, nose, and toes. Then encourage your child to point to his/her eyes, ears, nose, and toes as you say the name of each.</p>	<p>Talk with your child about the meaning of symbols in your neighborhood and places you visit, such as a stop sign near your home and an exit sign in a building you go to with your child.</p>
 <p><b>Cognitive</b></p>	<p>Draw attention to your infant's actions that cause something to happen. Examples: tapping or kicking a mobile, tipping over a cup with a ball inside, shaking a rattle.</p>	<p>Gather two different types of toys, such as 3–4 small animals and 3–4 small vehicles. Place the toys in a random arrangement in front of your child. Invite your child to sort the toys by putting each type in its own group.</p>	<p>Provide a small set of items that your child can sort by type, size, or color. Examples: picture cards, Legos®, jumbo beads, animal and people figures. Place the items in a random arrangement in a basket for your child to sort.</p>
 <p><b>Self-Regulation</b></p>	<p>Support your infant's persistence in exploring features of a toy by enthusiastically describing things your infant discovers while touching, mouthing, or moving the toy.</p>	<p>Secure a toy car or truck or use a toy block as a pretend vehicle. Encourage your toddler to watch you move the vehicle and then hide it under one of 2–3 containers. Ask your child where the vehicle is hiding. Repeat with different hiding places.</p>	
 <p><b>Social-Emotional</b></p>	<p>Use a favorite toy to support back-and-forth play with your infant. Comment on your infant's communications, such as cooing or looking at you or the toy. Example: "I can hear you cooing. You are talking to me!"</p>	<p>Engage your child in playing together. Use crayons or markers to create a picture together.</p>	<p>Invite your child to work with you in putting together a puzzle of interest to your child. Consider taking turns in putting pieces in the puzzle form.</p>
 <p><b>Physical/Health</b></p>	<p>When your infant seems ready for some action, gently and playfully move his/her hands/arms from side to side across the chest. Help your infant clap his/her hands near the center of his/her chest.</p>	<p>Provide experiences in putting toys or books in a tote bag or similar type of bag, and then carrying the bag to another place in your home where the items can be removed and used in play.</p>	<p>Provide experiences in moving arms in a specific way by encouraging your child to pretend he/she is a bird flying in the air or inviting your child to swing a crepe paper streamer in a simple pattern.</p>