






# 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>Share a favorite book with your child. Show excitement when something is revealed by turning the page or lifting the flap of a book. An older infant may wish to turn the page or lift a flap.</p>	<p>Talk with your child about the types of food a favorite animal would like to eat. Ask some silly questions about types of food the animal probably would not want to eat.</p>	<p>Invite your child to tell what happens in a favorite story. Encourage your child to hold the book and turn the pages as he/she describes what happens. Be flexible about the order and details of events.</p>
 <p><b>Cognitive</b></p>	<p>Offer two different types of soft balls for your infant to explore. Examples: a ball with bumps and a ball with a smooth surface, or a smaller ball and larger ball. Describe your child's explorations.</p>	<p>Support your child in creating a short tower with several plastic stacking bowls or large cups, or exploring ways to connect a fit-together toy, such as chain links.</p>	<p>Invite your child to put together different sizes and/or shapes of play building material, such as blocks. Describe your child's actions and support his/her lead in exploring the material.</p>
 <p><b>Self-Regulation</b></p>	<p>Place several toys of interest to your infant about 9–12 inches in front of your infant while on tummy or sitting. Encourage your infant's persistence in reaching for a desired toy. Clap when a toy is reached.</p>	<p>Encourage your child to find a character or item that appears repeatedly in a book's pictures.</p>	<p>Join your child in taking apart and putting together a simple puzzle. Encourage your child to use his/her fingers to feel the edges of each piece, and to look at how pictures on the puzzle pieces go together.</p>
 <p><b>Social-Emotional</b></p>	<p>Show ways to be nurturing with a doll or toy animal. With a younger infant, hold and rock the doll/toy. Encourage an older infant to hold, rock, and pat the doll/toy. Describe your actions and your infant's actions.</p>	<p>Talk with your child about what members of your family typically do each day, including times they spend together. Begin with your child's day. What happens first? Then what?</p>	<p>Engage in pretend play with your child. Suggest a theme or items that are of interest to your child. Toddlers often enjoy playing restaurant.</p>
 <p><b>Physical/Health</b></p>	<p>Offer enthusiastic responses to your infant's physical development milestones. Examples: reaching and/or grasping, beginning to creep or crawl, standing with support.</p>	<p>Support eye-hand coordination and hand release skills. Secure or make a simple container with a hole in the top. Invite your child to drop appropriately-sized items into the container, such as large beads or cards, one at a time.</p>	<p>Support your child's experiences in underhand and overhand throwing of a soft ball. Talk about differences in arm and hand actions.</p>