





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

Birth–12 Months

12–24 Months

24–36 Months

 <p>Communication/ Language</p>	<p>Look with your child at several pictures of young children that show fingers and/or toes. Name and point to fingers and toes shown in a picture. Name and point to fingers and toes on your infant's body.</p>	<p>Help your child become aware of different types of trucks by looking at pictures or pointing out different types of trucks you see when with your child. Describe what the truck does. Emphasize differences in sizes of trucks.</p>	
 <p>Cognitive</p>	<p>Support your infant in exploring a simple toy that can come apart, such as removing several rings from the spool of a stacking ring toy. Describe your infant's actions and support his/her lead in the exploration.</p>	<p>Support your toddler's understanding of words that tell the location of something, especially "up" and "down." Point out location words in everyday conversations with your child. Invite your child to move an item up and down.</p>	<p>Support understanding of some words used frequently to tell the direction or location of something: on/off, inside/outside, up/down, under/over. Emphasize in conversations. Help your child show contrasting word meanings.</p>
 <p>Self-Regulation</p>	<p>Provide practice in calming down after a stimulating activity. Hold your infant in your lap or arms, sing or hum a gentle song, and pat or rub your infant's back. Explain we are calming down.</p>	<p>Provide your child with practice in calming down after an exciting activity. Encourage your child to breathe slowly and deeply, and to close his/her eyes or look at one thing for a short while. Explain we are calming down.</p>	<p>Help your toddler calm his/her body and mind by pretending to be a cornstalk that gently sways back and forth in pretend wind. Encourage moving arms slowly and keeping feet (pretend roots) firmly on the floor.</p>
 <p>Social-Emotional</p>	<p>Secure four nesting cups or similar items that can fit into each other, two for your infant and two for you. Describe and mimic what your infant does with the cups. Emphasize you are doing the same thing with your cups.</p>	<p>Share with your toddler a book in which a character shows happiness and maybe sadness, anger, or loneliness about something that happens in the story. Talk with your child about why the character feels happy (and maybe other emotions).</p>	
 <p>Physical/Health</p>	<p>Provide focused support for whatever physical development skill your infant is working on: reaching for an object, pushing up head and chest, rolling over, beginning to creep, crawl, or stand. Enthusiastically describe the efforts.</p>	<p>Secure a smaller ball and a larger ball, both soft. Invite your child to hold each, one at a time. Emphasize how a small ball can be held with one hand and a large ball needs two hands. Try to hold the larger ball with one hand.</p>	<p>Provide experience in using a hand to move and stop moving a shaker or other sound-making toy. Sing a song or offer music that supports moving the shaker slowly and quickly. Include a clear signal on when to stop moving the toy.</p>