






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

Birth–12 Months

12–24 Months

24–36 Months

 <p>Communication/ Language</p>	<p>Use a sock on your hand as a puppet that is a pretend animal, such as a kitty, puppy, or farm animal. Have a short conversation with your infant that includes the animal's noise. Change animals if your child is interested.</p>	<p>Share with your toddler a picture book that has no or few words. Talk together about what the pictures tell.</p>	<p>Offer several minutes of quiet in your home and ask your child what he/she hears, such as a clock ticking or a vehicle outside.</p>
 <p>Cognitive</p>	<p>Show your child how we can make something happen. Share a rattle with a young infant. Emphasize how shaking makes a sound. Create a short block tower with an older infant. What happens when we push on it?</p>	<p>Gather some small items, such as blocks or toy vehicles, that your child can sort by type or color. Examples: Put red blocks in one group and blue blocks in another group. Put cars in one group and trucks in another group. Offer suggestions as appropriate.</p>	
 <p>Self-Regulation</p>	<p>Move around a small toy and hide it under a cloth or in a container as your infant watches. Ask, "Where did our toy go?" Then show excitement in "finding" the toy. Repeat with different hiding places.</p>	<p>Support concentration skill by tracing on a blank sheet of paper the outlines of 2–4 blocks or other toys of different shapes. Invite your child to put each item on its corresponding shape.</p>	<p>Offer soft music to support your child in pretending to be a tree with branches (arms) that move gently. Encourage moving arms slowly and keeping feet on the floor. Ask your child to hold arms briefly in place when you stop the music.</p>
 <p>Social-Emotional</p>	<p>During drop-off/pickup times at the child development center, acknowledge other children and caregivers as your child watches or listens. Example: "Here is Caydon! Good morning, Caydon!"</p>	<p>Invite your child to take turns with you in pretending to be a parent and a baby. Example: Your child cries as a pretend baby and you ask whether he/she wants to be held or is hungry.</p>	<p>Invite your child to practice polite ways to ask someone to be quiet, such as putting a pointer finger over our lips. Talk about times when it is helpful to not talk or to talk quietly in your home.</p>
 <p>Physical/Health</p>	<p>Help your young infant strengthen awareness of his/her body by gently moving his/her arms and then legs when alert. Use up/down motions. Describe a scooting or crawling infant's use of legs when moving around.</p>	<p>Support hand muscle development by offering a children's thick-handled paintbrush that your child can use in making marks with paint or water on blank paper. Fingers also could be used for making marks.</p>	<p>Support body balance skill by encouraging your child to walk along a narrow path you create in your home or yard.</p>