






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

Birth–12 Months

12–24 Months

24–36 Months

 <p>Communication/ Language</p>	<p>Share a favorite book with your infant. Encourage your child to join you in pointing to things you name or describe in a picture. Invite your child to help you turn pages or flaps in the book, if appropriate.</p>	<p>Make the sounds of farm or zoo animals that are familiar to your child, one at a time. Invite your child to repeat the sound and tell what animal makes the sound. Encourage your child to make an animal sound for you to identify.</p>	<p>Provide experiences in listening to and making quieter and louder sounds. Offer a quiet version and then a louder version of the same sound for your toddler to repeat. Include a whisper! Use animal sounds and familiar words.</p>
 <p>Cognitive</p>	<p>Provide a small amount of warm water in a clean tray for your infant to touch or splash while sitting in a highchair or on the floor. Describe your child's actions and reactions to the water.</p>	<p>Encourage your toddler to take apart a fit-together toy, such as snap beads or Mega® or Duplo® blocks. Taking apart a fit-together toy can help a toddler look closely at the details of a toy and understand how it works. Offer hands-on assistance if necessary.</p>	
 <p>Self-Regulation</p>	<p>Help your infant calm down after a stimulating activity. Hold your child, use a soothing voice and maybe sing a gentle song, and offer physical comfort, such as pats on your child's back.</p>	<p>Help your toddler calm down after a stimulating activity. Encourage your child to breathe slowly and deeply, and to put hands in lap or to the side. Sing or hum a gentle song. Rub your child's back softly.</p>	<p>Help your toddler practice calming down by breathing slowly and deeply. Gently say "in, out." Invite your child to lie flat with a soft toy on his/her tummy, and watch the toy move up and down while breathing slowly and deeply.</p>
 <p>Social-Emotional</p>	<p>Support a back-and-forth interaction with your infant by providing a small bucket and soft blocks or other small toys. Encourage your child to take turns with you in dropping a toy into the bucket.</p>	<p>Join your child in playing with toys he/she especially likes. Ask and gently describe what your child is doing. Use a similar toy to do what your child is doing.</p>	<p>Provide a few different-colored crayons or markers and a sheet of white paper for you and your child to share. Take turns in selecting a crayon/marker and making a dot on the paper. Put aside used crayons/markers.</p>
 <p>Physical/Health</p>	<p>Engage your infant in play with 1–2 rings of a stacking toy or soft toys that are easy for your infant to hold. Play with the toys in a way that provides practice in reaching for and grasping a toy, one at a time.</p>	<p>Play a game of rolling a ball back and forth with your child. Draw attention to pushing and catching. Emphasize how you are using your hands. Try different types of balls.</p>	<p>Provide your child with safe experiences in stepping up and down from one step. If a stepper is available, create a simple indoor obstacle course for your child to follow that includes the stepper as a pretend bridge.</p>