






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

Birth–12 Months

12–24 Months

24–36 Months

 <p>Communication/ Language</p>	<p>Explore with your infant a book that shows familiar things that make a sound, such as a puppy. Say the sound made by each item, such as a gentle bark for a puppy. Emphasize different kinds of sounds.</p>	<p>Explore different types of sounds with your child by mimicking the sounds made by things in your home, such as a doorbell or phone. Invite your child to make the sounds. Compare by making two different sounds back to back.</p>	<p>Support your child's understanding of how books work by talking about why a book has a cover, pictures, and words. Also, ask your child what books he/she would take on a pretend trip or want to share with a special friend.</p>
 <p>Cognitive</p>	<p>Provide two different small toys for your child to explore. A very young infant may explore by looking. An older infant may touch or mouth one or both toys. Describe what your infant does.</p>	<p>Support your child's thinking skills with a flap book or a book that offers clues about what we will see on the next page. Your child will have fun telling you what may be under the flap or on the next page.</p>	<p>Without your child watching, collect some of his/her favorite small toys and familiar items, such as a toothbrush. One at a time, hide a toy/item in a bag. Give clues about the item and invite your child to figure out what it is.</p>
 <p>Self-Regulation</p>	<p>Encourage your infant to watch a rattle that you gently shake and move back and forth. You may wish to hide the rattle while your child is watching and then excitedly "find" the rattle.</p>	<p>Secure a small toy animal. Encourage your toddler to watch you move the toy around and then hide it under one of 2–3 containers. Support memory skills by asking where the animal is hiding.</p>	
 <p>Social-Emotional</p>	<p>Sit with your infant facing you. Mimic your child's facial expression or make a silly face and wait for a response. Use facial expressions to interact with your baby. Include pauses so your infant can make a face or respond to yours.</p>	<p>Provide two balls of play dough, one for you and one for your toddler. Play together with the dough. Your toddler will enjoy your watching and imitating his/her play. Comment on your toddler noticing what you do with your dough.</p>	<p>Support your child in pretend play, such as cooking, running a store, or building a farm. Follow your child's lead. Help by providing materials, asking how things work, and participating as a play partner in ways that support your child's ideas.</p>
 <p>Physical/Health</p>	<p>Enthusiastically respond to any attempt your infant makes to move an arm or leg, such as putting forward an arm while on tummy, moving legs into a crawling position, or kicking legs while on back.</p>	<p>Support your toddler's hand movement skills with a child-size paintbrush, crayons, or markers. Encourage your child to make different types of marks, such as using a paintbrush to make water marks on an outdoor surface.</p>	<p>Provide practice in pouring. Secure several bottles that are slim enough for your child to hold. Put about four inches of warm water in a tub with a rug or towel underneath. Talk about the ways your child uses his/her hands to pour.</p>