


Everyday Ways to Support Your Baby's and Toddler's Early Learning



Your baby is learning—about you, himself, and the world around him—from the moment he enters the world. The chart below gives you some ideas of the many ways you can support your child's early learning through your everyday activities.

What's Going On With Your Baby or Toddler	What You Can Do
<p>Language and Communication Babies express their needs and feelings through sounds and cries, body movements, and facial expressions. Your baby will begin using words sometime around 1 year. By the time she is 3, she will be speaking in short (3-5 word) sentences.</p>	<ul style="list-style-type: none"> • Watch and listen to see how your baby communicates what she is thinking and feeling. • Repeat the sounds and words your child uses and have back-and-forth conversations. • Read, sing, and tell stories. These are fun ways to help your child understand the meaning of new words and ideas. • Talk about what you do together—as you play, do errands, or visit friends and family.
<p>Thinking Skills Your child is learning how the world works by playing and exploring. Through play, babies and toddlers learn about how things work and how to be good problem-solvers.</p> 	<ul style="list-style-type: none"> • Encourage your child to explore toys in different ways—by touching, banging, stacking, shaking. • Turn everyday routines into playful learning moments. For example bath time is a chance to learn about ideas like <i>sinking/floating</i> and <i>wet/dry</i>. • Follow your child's interests. Children learn best through activities that excite them. • Ask your child questions that get him thinking as he nears age 3. For example, when reading a book together, ask <i>Why do you think the girl is laughing?</i>
<p>Self-Control Over the first 3 years, your child is beginning to develop self-control—the ability to manage his feelings and actions in acceptable ways. He is also learning to wait, share, and work out problems with his friends.</p>	<ul style="list-style-type: none"> • Use words to help your child understand his feelings. <i>You are really mad because we have to leave the park.</i> • Give choices to older toddlers. <i>Would you like to read books before or after we brush teeth?</i> • Stay calm when your child is upset. This helps him feel safe and get back in control.
<p>Self-Confidence Your child is learning that she is a very special person; that she is loved, smart, fun, and capable. When children feel good about themselves, they are more confident and willing to take on new challenges.</p>	<ul style="list-style-type: none"> • Comment on what your child does well. <i>You found the button that makes the bear pop up!</i> • Help your child be a good problem-solver. Give her the support she needs to be successful without completely solving the problem for her. • Give your child the chance to do things for herself like pouring milk from a small plastic pitcher. • Encourage your child to keep trying. <i>You are working so hard to get the ball in the basket. Sometimes it takes lots of tries!</i>

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