



Your child learns
by exploring
and discovering
with you.

There are five areas essential to your child's healthy development. Find more supportive learning experiences for your child on the following pages in the **Massachusetts Early Learning Guidelines for Infants and Toddlers**, downloadable from the Early Education and Care website: www.mass.gov/eec

Toddlers (12 to 33 months) →
Infants (birth to 15 months) →

1	Social-Emotional Development	p. 31	p. 101
2	Language and Communication Development	p.47	p. 120
3	Cognitive Development (this brochure)	p. 65	p. 144
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5	Approaches to Learning	p. 83	p. 163



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Think
with me!



Your child is
a powerful
thinker.

Be
curious
about
the world
with your
child..

You foster the foundation
of brain development
and learning during the first
3 years of your child's life.

Things You Can Do with Your Baby

Activities for Cognitive Development

Reinforcing

Notice your baby's natural movements; reinforce them with purpose. **Oooh, you noticed the kitty!**



Discovering

Provide sensory experiences for your baby. Talk out loud about your baby's discoveries. **What have you found? Is it smooth or rough?**



Expressing

Encourage experimenting with everyday objects. **You're making music!**



Remembering

Remember aloud with your baby to develop memory skills. **It's time for a nap. Let's sing our napping song.**



Becoming aware

Help your baby become aware of family and others in the community. **There's Grammy. She's wearing glasses to help her see.**

Things You Can Do with Your Toddler

Activities for Cognitive Development

Recalling

Help your child develop increasing memory of past events and knowledge. **You chose our favorite book about a hippopotamus. What sounds does a hippo make?**



Predicting

Provide opportunities for your toddler to practice and observe cause and effect. **Which one rolls fastest? Let's try each one.**



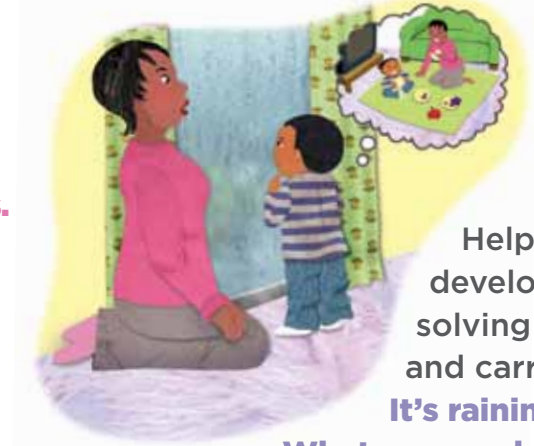
Inquiring

Explore and discover with your child to develop early scientific skills. **Let's sit right here and observe what the ants are doing.**



Problem-solving

Help your child develop problem-solving skills by creating and carrying out a plan. **It's raining outside. What can we do inside?**



Organizing

Encourage your toddler to match, sort, categorize, and create simple patterns with everyday materials. **Let's make a collection of all the round things we can find.**



Anticipating

Establish consistent rules and routines. **We can eat the banana when we've paid for our food.**