Your child learns by exploring and discovering with you.

Think with me!

Your child is a powerful thinker.

Be curious about the world with your child...

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

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
4 Physical Health and Well-Being p. 80 p. 153
5 Approaches to Learning p. 83 p. 163

Your child learns by exploring and discovering with you.

Infants (birth to 15 months)

Toddlers (12 to 33 months)

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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!*

**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.*

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

**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.*

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**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.*

**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.*

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

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