



APPROACHES TO LEARNING

Birth to 12 months

Engage in face-to-face contact while interacting with your infant.

Imitate facial expressions of your baby while talking about the expressions they are making.

Demonstrate facial movements while talking about what expression you are making: raising eyebrows, opening and closing mouth, smiling, etc.

Provide materials that allow your infant to use their senses: textures, smells, black/white contrasted colors, and sounds. Allow for your baby to put safe objects in their mouths.

Use senses to explore indoor and outdoor environments: hearing, smell, touch, etc.

Imitate sounds your baby is making.

Use sounds to help promote baby to practice turning their head.

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Explore new experiences indoors and outdoors: foods, people, objects in the home, outdoor spaces, etc.

Have a play date with another infant. This allows for simple give-and-take exchanges of “conversations” between peers and can help develop interest in others.

Play Peek-a-Boo with your baby.

Play Peek-a-Boo with an object and a blanket. Encourage your infant to find the object.

Introduce a mirror and talk about what your baby is seeing.

While your baby is on their tummy, place toy/object in front of them, just out of reach. Encourage your baby to show curiosity and to “keep trying” to grasp toy/object.

Provide objects that promote cause and effect such as pushing/pulling, opening/closing, etc.

Encourage your infant to explore objects by touching and mouthing.