



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](http://www.mass.gov/eec)


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

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MASSACHUSETTS  
Department of  
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Prepared by Davis Publications, Worcester, MA 

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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.**

