









**0-1**  
**YEARS**



**early**  
**LEARNING**  
**activity**  
**GUIDE**



**BEST BEGINNINGS**  
Alaska's Early Childhood Investment



**BIRTH  
TO  
YEAR  
1**

## **FIVE AREAS OF EARLY LEARNING**

Experts have identified five areas of early learning that are essential to school readiness.



**Physical Well-Being, Health  
& Motor DEVELOPMENT**



**Social & Emotional  
DEVELOPMENT**



**Approaches to LEARNING**



**Cognition & General  
KNOWLEDGE**



**Communication, Language  
& LITERACY**

Your child's first five years are an extraordinary time full of growth and development. During this time, your children look to their parents/caregivers as their first teachers.

To help you do your best, this booklet has information on child development and how to support your child's discovery of the world. This early education paves the way for future success in life.

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## **your child at this AGE**



### **Physical Health, Well-Being & Motor DEVELOPMENT**

So much development: holding up head, sitting, crawling, and standing



### **Social & Emotional DEVELOPMENT**

May cling to familiar adults, likes to look at self in mirror



### **Approaches to LEARNING**

Puts things in mouth, shows curiosity about things, and tries to reach for far objects



### **Cognition & General KNOWLEDGE**

Watches things as they fall, puts things in mouth



### **Communication, Language & LITERACY**

Uses finger to point, copies sounds, responds to own name



## Talk to Me BABY

### 0-6 MONTHS

When you repeat your baby's sounds, it lets her know you are listening. This is the building block for two-way communication. The serve and return of communication between you and your child is imperative to developing language fluency.

#### What to DO:

- Babies make all kinds of experimental sounds as they begin to babble. One of the most common first sounds is "da, da, da." Encourage this sound by answering back to your child. This is the start of understanding communication. Later try new sounds: "mo, mo, mo" and "bee, bee, bee."
- Sit down and look at your baby. Start a conversation about anything: what you're having for dinner, about your day, and about family members. If your baby responds with sounds, copy these by adding them in your conversation.



## Tummy TIME

### 0-6 MONTHS

Use these ideas to develop your baby's head control and upper body strength. As she gets stronger, she will extend her arms and push up on them.

**materials:** Blanket or Towel + Books and Toys

#### What to DO:

- Place blanket/towel on the floor.
- Put your baby down on her tummy for 3-5 minutes. While the time is short, make sure to repeat it often.
- Let your baby be fussy, but pick her up if she is crying hard. She needs to know that you will always be there to care for her. Wait a while and try again.

#### Tips:

- If your baby cannot lift her head, place your hand on her bottom. This will make the weight shift from her upper body and help lift her head. Another option is to roll up a towel and place it under her chest to make her upper body higher.
- Give her something interesting to look at like a book or toy. As she gets stronger place things farther away, so she has to reach for them.



## Let's Make NOISE!

**6-12 MONTHS**

Stimulate your child's curiosity about how noises are made. They'll get creative by making their own new noises.

**materials:** Pan lids  
Metal bowls and pans  
Wooden spoons  
Metal spoons

### What to DO:

- Show your baby how to make noises by beating together the metal things, hitting them with a spoon, or dropping spoons into the bowls.
- Let your baby experiment and get noisy!



## Peek-A-BOO!

**6-12 MONTHS**

Simple games can help build trust between babies and adults.

**materials:** Washcloths or Diapers

### What to DO:

- Lay a clean washcloth or diaper lightly over your baby's face and ask "Where is Mary?" or "Mary, where are you?" Pull it off and exclaim, "There you are! I see you!"
- Place the washcloth/diaper on her face and let her pull it off. When it comes off, respond with a surprised look and say, "Peek-a-boo!" Your reaction will help her see that this is a game.

### Variations:

- Cover your face and ask "Where's mama/daddy?"
- Play these while dressing, diaper changing, or washing her face.
- Show her how to play peek-a-boo by covering her eyes.



## Read, Read, READ

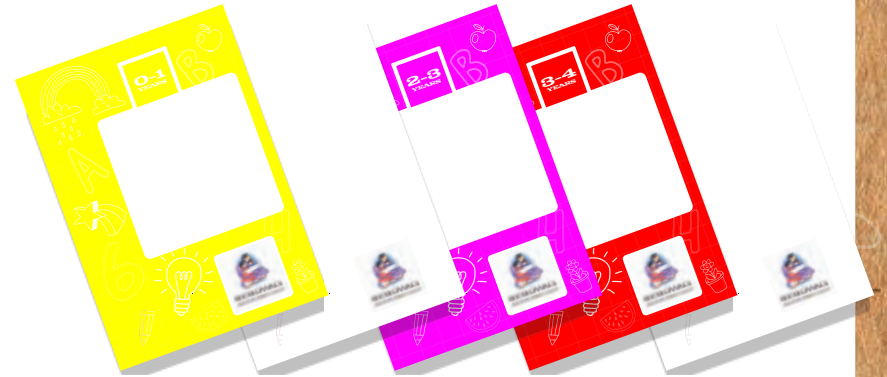
### 6-12 MONTHS

Reading to your baby is one of the best ways to develop his language.

**materials:** Books

#### What to DO :

- Read to your baby every day. Young children enjoy short, simple stories, rhymes, and songs. Board books are generally sturdier for babies.
- Read favorites over and over, but also read new ones.
- Babies have short attention spans, so read for a few times throughout the day for short amounts of time.
- Point to pictures in books and name what you see. Ask your baby to point and name too.
- Change your voice and make faces as you read.
- Let your baby choose how you read: skipping pages, looking at the same page again, or reading it quickly.
- Store books on low shelves or in bins your child can reach.



**Look for these fun early learning activities booklets for your child! Each issue is full of age-appropriate ideas of things you can do at home to support your child's early learning. Video instructions for many of the activities can be found on YouTube.**

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