

EVERY DAY IS A GREAT DAY FOR YOUR CHILD TO LEARN

0-3
Years

Simple things you can do to help your child grow, develop and learn. An introduction to the Minnesota Early Childhood Indicators of Progress.



AREAS OF LEARNING:

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About the

Minnesota Early Childhood Indicators of Progress:



The Minnesota Early Childhood Indicators of Progress (ECIPs) show you learning goals for infants, toddlers and preschool age children. High-quality early childhood programs use the ECIPs in their classes for young children. The ECIPs are what is expected for children to know and do at each age. The ECIPs align with Minnesota's K-12 academic standards. As a parent, you play an important role and you can use this information to help your child learn and in time, be ready for school. For more information, see the resources page at the end of the guide.

* The full ECIPs can be found at: <http://mn.gov/dhs/>

This guide will help you:

- Learn more about infant and toddler development and learning.
- Do simple things with your child to support her learning and development.
- Share and discuss your child's learning and development with her caregiver, early childhood teacher, or other family members.

Studies show that:

- Families are a child's first and most important caregivers and teachers.
- Growth and development supports learning. Make sure to take your child for well-child exams, dental exams and shots on the schedule your health care provider recommends. If you are pregnant, consider breastfeeding your child; if you already are, try to continue as long as you can. Make sure your child's hearing and vision are checked, at a pre-school screening or by your health care provider.
- Families, cultures, communities and other factors influence your child's learning and development.
- Loving care helps to build trusting relationships.
- Your child grows and changes quickly — in the first three years of your child's life much growth and development takes place.
- Many skills are developing all at the same time.
- Your young child can do a lot.
- Development happens in predictable patterns, and your child will develop at her own speed.
- Children of the same age are often at different places in their learning. Knowledge of how children grow, develop and learn is important in setting goals.
- Your young child learns through play alone, with others and by exploring her world, alone, with you and with others.

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Years

AREAS OF LEARNING:

Social and Emotional

Language and Communication

Thinking

Physical

AREA OF LEARNING:

SOCIAL & EMOTIONAL



The feeling of trust your child develops within your family, culture and community shapes her interactions and relationships throughout her life. It is important to interact with your child and respond to her cues.

- * Trust and Emotional Security
- * Self-Awareness
- * Self-Control
- * Relationships

How you can help:

- Respond to your baby's messages and cues and try to determine her needs (0-18 mos.).
- Show your feelings with your facial expressions, tone of voice and body language (0-36 mos.).
- Talk with your child and use her name when talking to her (0-36 mos.).
- Let your baby see herself in a mirror in order to allow her to become more aware of her own body and self (8-36 mos.).
- Call other children by name, and let older children talk to, smile and laugh with your baby (0-36 mos.).
- Have your baby or toddler play with other babies or toddlers (8 to 36 mos.).
- Give your baby or toddler toys, such as dolls or stuffed animals, that she can pretend to take care of by holding, feeding, rocking or singing to (8-36 mos.).
- Play games or sing songs where your baby or toddler can copy your sounds and body movement (8-36 mos.).
- Read books to your toddler about feelings (0-36 mos.).
- Encourage your toddler to name her feelings and talk about what other children are feeling or expressing with their sounds and body language (18 to 36 mos.).

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AREAS OF LEARNING:

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AREA OF LEARNING:

LANGUAGE & COMMUNICATION



Your child will learn the language of your family, culture and community through interacting with people and everyday situations. Your child will learn about listening and understanding, speaking and will even learn skills that will lead to reading.

- * Listening and Understanding
- * First Steps in Reading
- * Communicating and Speaking

How you can help:

- No screen time for children under the age of 2.
- Talk with your baby and allow her time to respond to you, perhaps by turning to look at you, smiling or cooing (0-8 mos.).
- Sing and repeat songs to your baby or toddler, and add finger plays and hand motions as he or she grows (0-36 mos.).
- Give cloth or cardboard picture books that have clear, colorful pictures with simple text for your child to hold, turn pages, look at, and talk about (0-36 mos.).
- Hold your baby and read a variety of books over and over when she is interested (0-36 mos.).
- Read a book with your baby or toddler and point to the words as you read. Ask questions and make comments on the story while you read (0-36 mos.).
- Repeat familiar words and actions when caring for your child (0-36 mos.).
- Name people and objects in your child's world (0-36 mos.).
- Describe simple routines, such as making a sandwich or getting your child dressed for the day (0-36 mos.).
- Repeat your toddler's common requests while encouraging your child to use more words (8-36 mos.).
- Show your baby pictures of family members or photos of babies and young children and talk about the pictures (8-36 mos.).
- Point out and talk about pictures and symbols on toys and other items in your home (8-38 mos.).
- Let your child use large crayons or markers for scribbling and drawing (8-36 mos.).
- Listen and respond when your toddler tries to communicate with others (18-36 mos.).

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AREA OF LEARNING:

THINKING



Your child learns about the world through her five senses: hearing, touching, tasting, smelling and seeing. Through exploration and discovery, she learns to understand what things are and how they work.

* Exploration and Discovery

* Memory

* Problem Solving

* Pretend Play

How you can help:

- Allow your baby time to explore through looking, sucking, reaching and touching (0-8 mos.).
- Offer safe objects of different sizes, shapes, colors and textures for your baby to look at and touch (0-8 mos.).
- Find toys that react when the baby pushes buttons or does other actions (0-18 mos.).
- Place toys near your baby and let her move and reach for the toys (0-8 mos.).
- Change and rearrange furniture or pictures in your home once in a while for new views (0-8 mos.).
- Play hiding games with your baby by hiding a toy under a blanket or cloth (0-8 mos.).
- Talk about and name new people and places in your child's world (0-36 mos.).
- Find a place, like a box or a shelf, for your toddler to keep and find things (18-36 mos.).
- Sing favorite songs over and over and encourage her to sing them on her own (8-36 mos.).
- Encourage your toddler to pretend - play house, play with cars, dolls, etc.(18-36 mos.).
- Provide puzzles with large pieces for your toddler and help her complete the puzzles (18-36 mos.).
- Encourage your toddler to help you set the table, clean up after dinner and with other simple household routines (18 to 36 mos.).
- Allow your child supervised play outdoors, to explore the natural world (18 to 36 mos.).

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AREA OF LEARNING:

PHYSICAL



Watch your child learn to coordinate her hands, arms, legs and her whole body. She uses movement to explore and learn from her world.

* Using Large Muscles

* Using Small Muscles

* Physical Health and Well-Being

How you can help:

- Always place your baby on her back for safe sleeping (0-8 mos.).
- During play, put your baby in positions, safely on the floor, where she can turn or raise her head and roll from side to back or side to stomach. Sometimes place your baby on her back, and other times on her stomach to show her different views (0-8 mos.).
- Provide safe, interesting places for your baby to move around and explore. Don't let her near any small objects that she could choke on (0-8 mos.).
- Allow your baby to grab people's fingers while playing (0-8 mos.).
- Place interesting items and toys within reach for your baby to look or swipe at, hit or kick (0-8 mos.).
- Play physical games with your toddler, like rolling a ball (18-36 mos.).
- Find toys and materials that let your toddler practice using small muscles, like her fingers, and hand-eye coordination, such as puzzles, pegs and pegboards, blocks, large beads to string and lacing cards (18-36 mos.).
- Allow your child to have supervised, structured and unstructured large muscle activity time outside and/or inside every day (18-36 mos.).
- Assist your toddler in self care tasks such as dressing, washing hands, brushing teeth, etc. (18-36 mos.).
- Establish routines for healthy eating, rest and bedtime (18-36 mos.).

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You're not alone!

Here are more resources for you and your child.

Minnesota Parents Know

Minnesota Parents Know is an easy-to-use site that shows developmental milestones from birth to age five. This site will give you trusted information on child development, health, learning, safety information and parenting topics. Find out how you can help your child learn and grow when you need it.



parentsknow.state.mn.us

- Stay up-to-date on parenting topics.
- Watch videos and listen to podcasts on child development and parenting topics.
- Read articles about many different parenting topics, from reading to your child to car seat safety to choosing the best toys for your child.
- Learn about Help Me Grow and resources for young children with special needs.
- Talk to other parents using the Minnesota Parents Know online forum.
- Find helpful links to other parenting resources that you can trust.
- Find Early Childhood Family Education (ECFE), Head Start, School Readiness, and Early Childhood Screening programs in your area.

Help Me Grow

Some children experience developmental delays and need extra help to grow and learn. If you think your child, or a child close to you, might have delays in how they are learning or growing, refer them to Help Me Grow—a free service for children birth to kindergarten entry that helps them get assistance or special instruction for their developmental needs.

- To refer a child to Help Me Grow, talk to your child's health care provider, use the [online form](#), or call 1-866-693-GROW.

Parent Aware and Child Care Resource and Referral

Check out child care and early child education programs, including those that use the ECIPs. Programs that use the ECIPs encourage family involvement, use creative and challenging teaching approaches, and value child safety.



parentsknow.state.mn.us www.mnchildcare.org/families

- These sites make it easy to find child care and early childhood programs in your area.
- Learn more about how programs are rated.

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