



Readiness Goals

Core Readiness Activities

Language & Literacy

- Read stories together
- Sing songs and nursery rhymes together
- Talk about the food at meal times
- Talk about objects outside the house – for example, the rustling of leaves, or the sounds of the birds or traffic.
- Encourage your child to turn the pages and talk about what he sees. Use your finger to guide your child's eyes from left to right across the page as you read and point out certain words or phrases.
- Name and describe baby's feelings, faces, emotions and experiences
- Use new words when you talk with your toddler
- Listen to different types of music
- Name body parts
- Learn and practice simple sign language with baby.
- Play telephone; give baby a toy telephone and encourage them to engage in conversation.
- Tell Baby what you are doing before and while you are doing it.
- Narrate as you practice life skills like cooking, grocery shopping, laundry



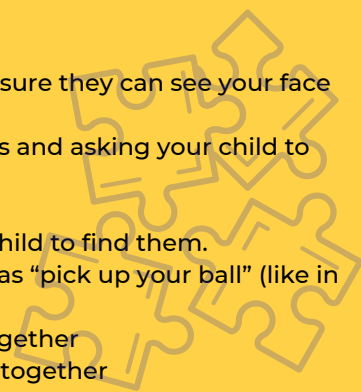
Physical

- Toss balls and or sock-balls in a basket
- Imitate animals
- Take family walks
- Water play
- Play pretend games
- Climb over, around, and on top of pillows scattered on the floor
- Stretch or do yoga
- Place tape on the floor and balance, walk or jump over it
- Play Hide -n- Seek
- Dance and sing together
- Play follow the leader; clap, crawl, walk, flap arms, hop, twist, roll etc.
- Create or find a simple and fun obstacle course to play on
- Arts and crafts time together
- Playtime together



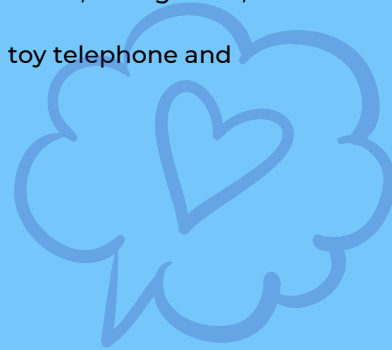
Cognitive

- Identify noises around you
- Practice sound recognition with animal sounds
- Practice naming shapes using a shape sorter
- Play with a pop-up activity toy
- Practice stacking blocks, books, toys, etc.
- Explore textures during arts and crafts time together
- Create or find a simple and fun obstacle course to play on
- Play with musical instruments
- Play a matching game
- Play with cups in the bathtub
- Play with puzzles
- Talk to your baby while making sure they can see your face and eyes
- Begin naming colors and shapes and asking your child to point at certain objects
- Arts and crafts time together
- Hide toys and encourage your child to find them.
- Provide simple directions, such as "pick up your ball" (like in Simon Says)
- Counting and naming things together
- Sing songs and nursery rhymes together



Social-Emotional

- Provide opportunities for baby to interact with others
- Play pretend games
- Play turn taking games to practice turn taking and sharing
- Talk, read and sing together
- Name and describe baby's feelings, faces, emotions and experiences
- Make eye contact and silly faces with baby
- Play simple social games such as peek-a-boo
- Imitate baby's facial expressions and sounds
- Read books about making friends, taking turns, feelings/emotion, etc.
- Play telephone; give baby a toy telephone and encourage them to engage in conversation
- Imitate animals



Global Readiness Activities

- Reading Together - try using different voices and show them the pictures
- Completing Classroom Assignments Together

