



## Being Your Child's Best Teacher

### 1

### How I Can Support My Child's Development

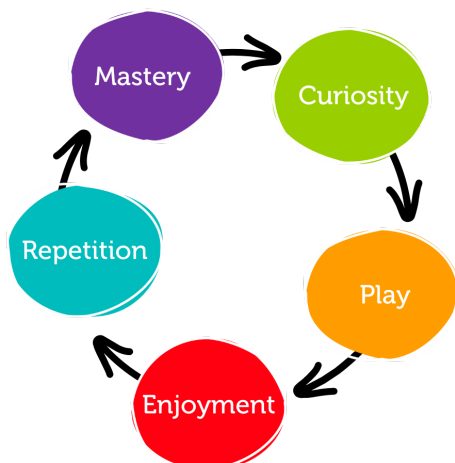
As you look at each item below, consider ways that you can begin to practice supporting different areas of your child's development (cognitive/brain, language, physical, social and emotional) throughout your everyday moments, interactions, and routines.

- Bath times
- Mealtimes
- Bedtimes
- Changing clothes, diapers/Other transitions
- Driving
- Shopping for groceries

### 2

### The Cycle of Learning

**The Cycle of Learning** is something you can think about as you support your child to learn new skills, such as tummy time, potty training, or learning how to read.



- Curiosity
- Play
- Enjoyment
- Repetition
- Mastery



## Adventure Book Safari

*What my child/I liked best about this activity:*

*Ways this activity supports my child's development and strengthens their relationship with me:*

*I used **The 4 Me's™** when:*

### How to Do This Activity:

1. You can complete this activity using any household or creative supplies you have on hand. As you follow the steps, remember to refer to **The 4 Me's** to practice the skill you're most interested in exploring with your child. For example, you might practice **Connect With Me** by eliminating distractions, providing your full attention, and having back-and-forth conversations.
2. Find a book with animals, other colorful pictures, or something else that would interest your child. As you both explore it together, practice noticing what they're curious about. You might see them raise their eyebrows, kick their feet, point, reach for the book, ask to turn the pages, share what excites them, etc.

As you explore the book with your child, you **MIGHT**:

- » Read to your growing baby and imagine how they can hear your voice, or think about how they'll one day snuggle close to you as you share stories,
- » Encourage back-and-forth interactions as you repeat sounds your infant makes and support their language development by describing pictures. For example, you might count animals/objects or talk about the textures or colors of animals, like how a tiger has stripes and soft fur, then listen to how they respond,
- » Encourage your toddler to find and tell you about their favorite things in the book as you help them describe, count, and compare different colors and sizes of the objects or animals. For example, you might help them think about how many legs a dog has versus a duck, or
- » Take turns reading pages of the book as you and your child sound out letters, ask and answer questions about the story or characters, or make up a story together based on the pictures.

