

Guide

Early Learning Handouts



PEDIATRIC CARE • SUPPORTING • PARENTING
A Program of ZERO TO THREE

Well-child visits are the perfect opportunity for HealthySteps Specialists to encourage parents to engage in early learning activities with their babies and toddlers. This set of nine parent handouts suggests activities for little ones in the following domains at every visit from 4-36 months:



Language



Problem-Solving



Science and Math



Physical Skills



Managing Feelings



Art and Music

While these six domains do not cover all areas, they provide a nice mix of gross- and fine-motor skills, social emotional learning (SEL), and art- and music-based activities along with more “academic” areas such as language, literacy, science, and math. The Baby Brain Infographic serves as the Early Learning handout for the newborn and early visits because it highlights connected, responsive interactions.

These handouts are not meant to cover all areas of development in babies and toddlers. They complement the *Quick Checks* (for you) and the *What’s Up* (for parents) resources where more general developmental information and milestones are addressed. These resources suggest activities as well as tips for interacting with babies in a respectful manner. They are mostly play-based because at this age, *play is learning*.

Please continue to recommend your favorite activities to parents as well. You may also want to teach parents some basic sign language which is easier to show in person or via [this resource](#) with hundreds of video links. Handouts are written at a fourth-grade reading level and the suggestions are free or at a low cost to families.

Board book suggestions were made with an eye toward titles that are easy to find at the library and that reflect diverse characters. Please feel free to make additional book suggestions that are easily accessed and culturally appropriate for the families with whom you work.