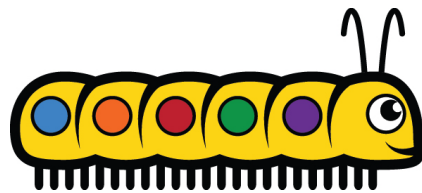




Connecticut Early Learning
and Development Standards

24-36 Months

Here are some ways that you can help your child learn and grow in all of the areas covered in the Connecticut Early Learning and Development Standards (CT ELDS). You may see some ideas in different areas that are almost the same. That's because children are learning a lot of different things as they learn more about the people and the world around them. These ideas don't have to be all you do with your child! You can think of new ways to build on everything included here. Just as your child is learning, you can keep learning ways to support your child's growth. The most important thing to remember as you use these strategies is to have fun and find ways to help your child learn every day!



Connecticut Office
of Early Childhood



Connecticut Early Learning
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24-36 Months



Cognition

Encourage your child to try something new

Suggest using a blanket to carry something. Use a stick to reach for something that is hard to reach. Using things in different ways helps your child learn to be flexible and creative when solving problems.

Talk with your child about what they are doing

Ask questions that get your child to think and talk about their actions (e.g. "You used the big ball. Is that easier to catch than that little ball?"). Talk about what you are doing and why (e.g. "I'm going to stir that more because I can see it's not mixed together yet.").

Ask for your child's help with simple things

Share what you are trying to do and how you plan to get the job done. Talk with your child about the steps and celebrate when you are done. For example, if something spills, ask your child to help clean it up. Talk about how you will clean it up (e.g. "Pick up the pieces." or "Wipe up the spill."). Talk about your progress (e.g. "We picked up a lot. Just a little more to finish."). Talk about being all done (e.g. "We cleaned it all up.").

Have your child help prepare a snack or meal

Talk about the steps and ask your child questions. For example, you might ask, "How can we get the batter out of the bowl?" or "How many crackers do we need?" Help your child compare things (e.g. "The cracker feels hard and the bread is soft. What happens when you bend them?").

Social and Emotional Development

Involve your child in what you are doing

It can be hard to find time to do everything. Involving your child in the things you do around the house helps build strong relationships and helps them learn! Talk with your child about what you are doing. Give them a role or related activity. If you are cooking, have your child pour in ingredients, hand you things you need, or count with you as you stir. You can also hand them some safe kitchen items to play with as you cook. Even giving your child paper and crayons to draw a picture while you work keeps you connected while you are still able to get things done.

Use feeling words

Talk about facial expressions (e.g. smiles, frowns) and feelings (e.g. happy, sad). Let your child know that you see when they feel angry or frustrated. Help them learn ways to show these feelings that are safe and appropriate for your home and culture (e.g. "Your face looks angry. You can stomp your foot and say 'I'm mad'."). Notice and label feelings of people you see in books, signs, or in the community.

Allow your child to resolve conflicts with peers

Adults often want to solve the problem when a conflict arises to avoid bad feelings. Children learn to handle conflicts when they are helped through the process. Share a calming strategy (e.g. "Let's take a deep breath and talk about this.") and then let your child voice their thoughts and feelings. This helps them express themselves calmly and consider others' feelings. Working together to come up with a solution supports problem solving and compromise (e.g. "You both want to use this same toy. What can we do? Can you use it together or take turns?").





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Physical Health and Development

Find safe places for your child to run, jump, climb, and throw

As your child gets older they will need opportunities to practice using their muscles together. Clear a space at home that is safe, or go to a park or trail with open space. Encourage your child to move, run, and jump. Provide balls for throwing. At home, ask your child to carry a light load of laundry or build an obstacle course out of couch cushions.

Sing songs or play games that involve body or finger movements

Sing songs that involve moving small muscles in the hands, such as "The Itsy Bitsy Spider". Sing songs that involve bigger movements, such as "Head, Shoulders, Knees, and Toes." Play "Follow-the-Leader" and encourage movements that are a little challenging for your child. This can be a great opportunity to share songs from your own childhood or make up a new song together. Be creative and have fun!

Talk to your child about taking care of their body

Talk about the foods your child is eating, and about feeling hungry and feeling full. Talk about why eating healthy food helps us grow. Talk about moving your body and taking care of your body by washing hands, using sunscreen, sitting in a car seat, etc. Share why taking care of your body and staying healthy is important. Stress habits that are important to your family and culture.

Language and Literacy

Ask your child questions

Encourage your child to talk by asking questions that start with *what*, *why*, *where*, and *how*. Talk about books you read, stories you share, and/or songs you sing. Ask your child questions about new things you see in your community or about things you do at home every day.

Introduce new words to your child

When your child hears new words, they increase their vocabulary. These new words have the most meaning when they are connected to real-life experiences. For example, you might use the word *bushy* to describe the tail of a squirrel you see in the park, or use the words *rotate* or *spin* to describe the dryer or a tire's movement. Share other examples of how these words can be used to help your child understand the meaning of the new words (e.g. "The clothes are spinning in the dryer. Can you spin?").

Point out words and symbols in your home and community

Pointing out words and symbols, talking about the meaning, and how the words and symbols help us, shows your child the importance of written language. Point out the sign for the local grocery store or a restaurant, and remind your child of the name of the place and what you do there.





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Creative Arts

Provide opportunities for your child to create

Creativity can be encouraged throughout the day. Consider what you are comfortable with and allow your child the opportunity to express themselves as much as possible. If you are comfortable with it, allow your child to pick their clothing for the day. Decorate crackers with spread and toppings to make a design. Spread some shaving cream on the wall during a bath or shower and allow your child to draw designs with their fingers.

Talk with your child about their creative work

Talk with your child about their choices and actions when creating something. Ask about how they moved their body when dancing. Comment on the colors or brush strokes on a painting. Focus on the process of what your child did instead of the final product to encourage them to think about their actions.

Play music, look at art, watch dance

Exposing your child to the creative arts builds their appreciation of others' artwork and can inspire them to begin creating. Music, art, and dance may be specific to your own culture and family traditions, or you may choose to expose your child to examples from other cultures and traditions. Choose age-appropriate things that you enjoy to listen to or watch so that you can share your enthusiasm and enjoyment with your child.

Mathematics

Talk about size, shape, and position

Talk with your child about the size of items using words such as *big/little*, *heavy/light*, *long/short*. Talk about the position of items using words such as *in*, *on*, *under*, *behind*, *up*, and *down*. Talk about shapes that have *straight* or *curving* lines and label some basic shapes such as *circles* and *squares*. This beginning vocabulary helps with later mathematical learning.

Count together and talk about quantity during your day

Count items for important reasons during your daily routine. Count out 3 crackers for each person for a snack or count how many apples you are buying at the store. Compare amounts using words such as *more*. Make two small groups of items and talk about which group has more. Count together to see if you were right.

Line up and match items

Matching one number name to each individual item is an important part of learning to count. Your child can practice by giving one item to each person, putting one napkin at each chair for dinner, or putting one item in each compartment of an ice cube tray or muffin tin. Make it fun and encourage your child to talk about what they are doing (e.g. saying, "One for you and one for you," or counting).





Science

Talk with your child about living and nonliving things

Talk to your child about what people, plants, and animals need to survive. As you feed your family, talk about living things needing food. Talk about how different animals eat different things. Encourage your child to ask questions, and wonder about things you see in nature and in your home.

Investigate how things work and move

Wonder and explore with your child. Talk about how both cars and bikes have wheels that turn, but that one is pushed by hand and one is pushed forward by a person's legs. Explore how things roll on a slope and on a flat surface. Encourage your child to ask questions and try new things to figure things out.

Talk about decisions and the results of actions

As you or your child do different things throughout the day, talk about actions and the results. Talk about why you choose the big cup instead of the small cup. Mistakes offer a great chance to talk about what went wrong and to problem solve a different way to do things.

