



Help Your Child Learn About People

From his first days with you, your child has been learning about people: how people live today and lived in the past, how they work, get along with one another, solve problems, and interact with their surroundings. Your child needs these skills in order to be ready for school.

The things you do with her every day, from infancy through preschool, help her to build these skills in understanding and interacting with other people. Try doing these things with your child:

YOUR INFANT:

- Hold and cuddle your baby often. Feeling secure and loved is how every baby learns to form relationships.
- Take your baby with you on errands (a trip to the store, a visit to a friend's house). She will learn to be around new sights, sounds, and people.
- Listen to different kinds of music with your child. Hearing music from different places will open your baby's ears early to all kinds of sounds.
- Take your baby for a walk every day if the weather permits. Sing and talk about what you see.

YOUR TODDLER:

- Let your toddler play by himself, with you, and with other children.
- Make sure that people of different backgrounds and cultures are in your child's life: neighbors, friends, and playmates.
- Read in English or in Spanish every day to your toddler. Talk about the characters in the stories. Ask your child questions: Who is her favorite person in the story? Why?
- When you choose books, dolls, toys and coloring books, include ones with characters from different cultures or backgrounds. You'll help your child understand from the start that everyone is different.
- Include your toddler in family conversations, such as at meals.

YOUR PRESCHOOLER:

- Read in English or Spanish together everyday, and also encourage your preschooler to pick up books on her own. Include books about people from different cultures and backgrounds
- Listen and dance to different kinds of music with your child. The more different types of music he hears now, the more types he'll be able to enjoy later.
- Look at family snapshots together, and talk about the people in the pictures.
- Make a short, clear list of household rules for your child to understand: when bedtime is, what your child's chores are, saying "please" and "thank you," and so on. Let your child help you make the list – maybe he can draw around the borders – and put it on the wall.

ParentTips is a monthly resource for parents with young children.
Want more Suggestions? Visit www.readyatfive.org or call 410-727-6290.