

Learning at home one-pager: Toddlers (1-3 years)

Every day

- Talk with your toddler through the day, and wait for their reply.
- Read together daily; let your toddler point, name and turn the pages.
- Count real things together: steps, grapes, socks.
- Offer two or three small choices: which cup, which book, which song.
- Play on the floor together, and follow your toddler's lead.
- Aim for 11-14 hours of sleep a day at ages 1-2, naps included.

Things to talk about

"You kept trying, and the lid went on!"

"Yes, a truck! A big red truck. Where's it going?"

"One, two, three, four ducks. Four ducks!"

"Red cup or blue cup?"

"That was tricky. Want to try another way?"

Go easy on

- Screens before 18 months, except video calls; after age 2, more than 1 hour a day.
- Promising treats or stickers for things your toddler already loves doing.
- Jumping in to finish what your toddler is trying to do.