

Your Baby's First Year Of Learning

Our program uses the **HighScope Curriculum**. HighScope emphasizes research-based active learning, where young children build knowledge through play and interaction with others as well as their environment.

Your Baby is a Natural Learner

- Tries new things using all their senses
- Communicates with cries, smiles, facial expressions, and body language
- Moves to understand their world
- Loves faces, music, and being in “conversation” with others
- Developing their own routines and rhythms and depend on their caregiver for support
- Is constantly exploring, discovering, and solving problems
- Can be overstimulated and need help learning to calm.

Physical Development

- Beginning to reach, grab, and grasp
- Learning to control body movements
- Starting to roll, sit up, creep, and crawl
- Using both hands in play
- May begin to pull up and “cruise” along furniture

Ways you can help:

- Offer interesting things to see, hold, and hear
- Give baby time on the floor with space to move freely and safely
- Describe what you're doing and showing how to explore
- Invite problem-solving through playful discovery



Social and Emotional Development

- Learning to trust that their needs will be met
- Noticing patterns in their daily routines
- Developing strategies to calm themselves
- Experiencing stranger and separation anxiety, developing attachments

Ways you can help:

- Let baby know what's happening next (“Now it's time to eat...”)
- Stick to routines, while being flexible when needed
- Label their feelings: “You look sleepy” or “That startled you”
- Support them as they learn to self-soothe

*Flip over to explore communication, thinking,
and everyday ways to support your baby's learning!*

Communication & Language

- Uses cries, coos, gestures, facial expressions, and body movements
- Begins to babble and say a few words
- Understands more than they can say

Ways you can help:

- Have “conversations” by pausing and responding to baby’s sounds
- Talk about what they are doing, seeing, feeling and modeling new words
- Notice what baby is paying attention to: name it and comment on it
- Copy babies actions and offer words



Thinking & Problem Solving

- Begins to understand cause and effect
- Learning through repetition and practice
- Starts to realize things exist even when unseen
- Learning through imitation

Ways you can help:

- Play games like peek-a-boo
- Copy baby’s actions and add more
- Pause and allow time for baby to ‘struggle’ and figure out a solution
- Be patient with baby’s need for mastery



Simple Ways You Can Support Your Baby Every Day



Narrate daily routines (“We’re changing your diaper now”)



Pause and give them time to respond during play



Give your baby time and space to explore safely



Let them repeat things. It helps them learn!



Follow their lead...what are they looking at?



Stay consistent and flexible with their needs

Every coo, crawl, and cuddle helps your baby learn.

Want to learn more about how we support your child’s growth with **HighScope**?

Visit www.famconn.org or scan the QR code.



This sheet was provided by **The Early Years Count!** education initiative sponsored by **The Community Foundation of St. Joseph County**. *The Early Years Count!* supports early childhood educators by promoting high-quality play based early learning experiences. Through a continuous cycle of training, assessment, and support grounded in the research-based HighScope curriculum, we help ensure every child gets the best possible start. Together, we’re building strong foundations for lifelong learning.