

# Infant and Toddler (Ages 0-3) Content Framework

Ready4K’s Infant and Toddler Content Framework provides an overview of our 0-3 evidence-based family engagement curriculum delivered via text message.

<p><b>Social-Emotional Learning</b></p>	<ul style="list-style-type: none"> <li>• Relationships and Interactions with Parents (Caregivers) and Adults</li> <li>• Relationships and Interactions with Peers</li> <li>• Sense of Self</li> </ul>	<ul style="list-style-type: none"> <li>• Emotional Understanding</li> <li>• Emotional Self-Regulation</li> <li>• Parental Self-Care, Confidence, and Resilience</li> </ul>
<p><b>Approaches to Learning</b></p>	<ul style="list-style-type: none"> <li>• Best Practices (e.g., child-led learning, positive parenting, developing consistent routines)</li> </ul>	<ul style="list-style-type: none"> <li>• Cognitive Self-Regulation (Executive Functioning Skills)</li> <li>• Learning Behaviors</li> </ul>
<p><b>Language &amp; Literacy</b></p>	<ul style="list-style-type: none"> <li>• Language and Listening</li> <li>• Vocabulary Growth and Development</li> <li>• Phonics and Phonological Awareness</li> </ul>	<ul style="list-style-type: none"> <li>• Emergent Reading Skills</li> <li>• Emergent Writing Skills</li> </ul>
<p><b>STEAM &amp; Play</b></p>	<ul style="list-style-type: none"> <li>• Science Exploration and Discovery</li> <li>• Technology and Engineering (Inventing and Building)</li> </ul>	<ul style="list-style-type: none"> <li>• Art</li> <li>• Math</li> <li>• Play</li> </ul>
<p><b>Physical Development</b></p>	<ul style="list-style-type: none"> <li>• Perception</li> <li>• Gross Motor</li> <li>• Fine Motor</li> </ul>	<ul style="list-style-type: none"> <li>• Physical Safety</li> <li>• Health</li> </ul>

# SOCIAL-EMOTIONAL LEARNING

Relationships and Interactions with Parents (Caregivers) and Adults		Emotional Understanding	
<ul style="list-style-type: none"> <li>• Building a sense of security (attachment)</li> <li>• Observing and responding to baby’s cues</li> <li>• Bonding while feeding</li> <li>• Using gentle touch and loving words</li> </ul>	<ul style="list-style-type: none"> <li>• Easing and supporting transitions</li> <li>• Providing moments of undivided attention</li> <li>• Adjusting to new caregivers</li> </ul>	<ul style="list-style-type: none"> <li>• Identifying and naming emotions</li> <li>• Providing support for managing emotions</li> </ul>	<ul style="list-style-type: none"> <li>• Talking about how other people feel (emerging empathy)</li> <li>• Building the ability to express emotions</li> </ul>
Relationships and Interactions with Peers		Emotional Self-Regulation	
<ul style="list-style-type: none"> <li>• Building social skills necessary for making friends</li> <li>• Encouraging socializing with peers</li> </ul>	<ul style="list-style-type: none"> <li>• Offering opportunities to practice sharing</li> <li>• Modeling positive peer interactions</li> </ul>	<ul style="list-style-type: none"> <li>• Building patience using fun and engaging ways</li> <li>• Offering strategies for easing frustration or anger</li> </ul>	<ul style="list-style-type: none"> <li>• Offering strategies for navigating daily challenges and challenging behaviors (e.g., deep breathing)</li> </ul>
Sense of Self		Parental Self-Care, Confidence, and Resilience	
<ul style="list-style-type: none"> <li>• Developing self-awareness</li> <li>• Building self-confidence</li> <li>• Building efficacy</li> </ul>	<ul style="list-style-type: none"> <li>• Encouraging self-expression through conversations, play, art, dance, and pretend</li> <li>• Celebrating growth, development, and learning</li> </ul>	<ul style="list-style-type: none"> <li>• Developing a self-care routine</li> <li>• Celebrating milestones</li> <li>• Building a community of support</li> </ul>	<ul style="list-style-type: none"> <li>• Finding ways to manage stressful situations</li> <li>• Encouraging parents to be advocates</li> </ul>

# APPROACHES TO LEARNING

## Best Practices

- Redirecting in a positive way
- Refocusing attention to ease frustration
- Offering choices to give a sense of control
- Explaining “why”
- Creating daily routines
- Encouraging independence through jobs and helping
- Using positive encouragement to promote behavior

## Cognitive Self-Regulation (Executive Functioning Skills)

- Developing object permanence through games
- Building persistence and the ability to try new things
- Developing transition routines
- Building working memory through questions
- Encouraging flexible thinking

## Learning Behaviors

- Building creative thinking skills
- Creating opportunities to follow directions
- Encouraging curiosity and exploration
- Practicing problem solving to boost critical thinking and independence

# LANGUAGE & LITERACY

## Language & Listening

- Developing expressive and receptive language
- Conversation modeling
- Using questions to build language skills
- Creating a language-rich home
- Storytelling

## Vocabulary Growth and Development

- Providing meaningful vocabulary exposure in daily interactions
- Introducing and using new words regularly

## Phonics and Phonological Awareness

- Sound play and imitation
- Rhyming games
- Word Play

## Emergent Reading Skills

- Building a love of reading
- Exposure to books
- Picture exploration
- Developing reading routines
- Building comprehension skills
- Modeling reading to learn
- Encouraging interactive/dialogic reading

## Emergent Writing Skills

- Encouraging the use of a variety of different writing tools
- Discovering the purpose of writing
- Exploring picture drawing (scribbles and marks)

<h1>STEAM &amp; PLAY</h1>	
<h2>Science</h2>	<h2>Math</h2>
<ul style="list-style-type: none"> <li>• Exploring cause and effect</li> <li>• Supporting exploration, experimentation, and observation</li> <li>• Encouraging children to make predictions</li> </ul>	<ul style="list-style-type: none"> <li>• Encouraging math talk</li> <li>• Building number awareness with counting</li> <li>• Sorting and matching like objects</li> <li>• Comparing objects in daily life</li> <li>• Discovering quantity</li> <li>• Noticing and naming shapes</li> <li>• Experimenting with patterns</li> </ul>
<h2>Technology &amp; Engineering (Building and Inventing)</h2>	
<ul style="list-style-type: none"> <li>• Using everyday objects to build and create</li> <li>• Encouraging the use of everyday objects in new ways (e.g., wooden spoon as a drumstick)</li> </ul>	
<h2>Art</h2>	<h2>Play</h2>
<ul style="list-style-type: none"> <li>• Building self-expression skills through art and music</li> <li>• Exploring rhythm and music</li> </ul>	<ul style="list-style-type: none"> <li>• Encouraging play as a form of learning</li> <li>• Using child-led play to promote positive interactions</li> <li>• Pretend play</li> <li>• Dramatic play</li> </ul>

# PHYSICAL DEVELOPMENT

## Perception

- Developing visual tracking skills
- Providing opportunities for sensory development
- Strengthening spatial reasoning skills

## Gross Motor

- Building strength using engaging tummy time activities
- Encouraging baby to kick and push with their legs
- Creating opportunities for crawling and walking
- Building balance and coordination through play
- Encouraging physical exploration of the world

## Fine Motor

- Building pincer skills
- Encouraging hand-eye coordination
- Practicing dressing and other daily tasks in fun and engaging ways

## Health

- Promoting sleep
- Maximizing wellness visits
- Offering healthy food choices
- Developing a daily dental health routine
- Encouraging independence in self-care routines (e.g., tooth brushing, handwashing)
- Strategies for potty training
- Building body knowledge

## Physical Safety

- Creating baby-safe zones
- Child proofing
- Communicating safety rules in effective age-appropriate ways