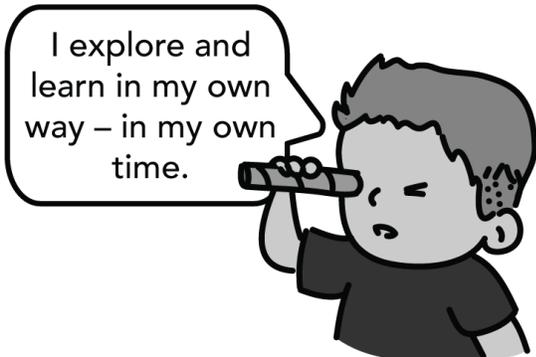




**What Do You Notice and Know About Your Child**



**Figuring It Out Together**

You know more about your child than you may think. Taking the time to think about all you know – and your questions too – will help you decide how best to support her as she explores and learns.

**Press the Pause Button:  
Take Time to Think About What You Know**

Life as a parent is so busy, and it can be hard to find the time to think. But, taking some time will help you see how much you know about your child!



**What makes her smile and laugh?**

For example: Peek-a-boo games? Your face in the morning? When you sing a silly song using her name? Her favorite stuffed animal?



**What is something you see her learning?**

For example: A new skill using large or small muscles? Exploring what happens when an object moves out of sight by dropping her spoon from the high chair tray? Saying new words? Counting?



**What is a new accomplishment that she had made over the last month or so?**

For example: Sitting on her own? Pulling herself to standing? Pointing to a picture of a dog in the book you are reading when you ask, "Where's the doggie?" Putting together a four-piece puzzle?



**What upsets her?**

For example: Unfamiliar adults who come too close, too quickly? An unexpected sound like a thunderclap or doorbell ringing? Another child crying? When you walk out the door?



**What have you found as a way to comfort her?**

Hold and rock her gently? Offer her a favorite blanket or stuffed animal? Tell her goodbye with her caregiver and remind her you will come back like you always do?



## Watch Her Explore and Learn

One amazing thing about young children is you can often see what they are feeling and thinking on the inside as you watch them from the outside. Try watching or observing your child for a few minutes. Do this on your own, or better yet, with a person who is also part of her life. Perhaps your partner, another family member, her teacher, or your home visitor would like to join you. Compare thoughts about what you see her doing and how she does it.

Find times to watch her every now and then. The more you practice observing, the more you will see. Here are some questions to consider as you watch her:



### **What interests her?**

Signs a child is interested include she is looking at something, reaching for it, touching and moving it, pointing to it, naming it, talking about it, or focusing on it for a while. Do you see something else?



### **What seems to be her personal style of exploring something new?**

Does she jump in and go for it? Does she watch and then begin to explore at her own pace? Does she respond with intensity, for example, with joy or a lot of activity? Do you see something else?



### **How does she respond to sounds, new textures, tastes, and smells?**

Does she take new sensory experiences in stride? Does she take time to get used to them? Does she respond intensely showing her like or dislike of a new sensory experience? Do you see something else?



### **How does she respond when she gets frustrated?**

For example, when the block tower she is building falls over, does she start to rebuild it? Does she get quiet or look at you for support? Does she get very upset and perhaps throw blocks or break into tears? Do you see something else?