Cognition

Making sense of the world, staying with something and working hard to solve problems

What adults can do...

Encourage
- Exploring
- Asking Questions and Making Choices
- Pretending and Having Fun
- Remembering
- Trying New and Difficult Things

Infants and Toddlers

Pretend with your child. Pretend a banana is a phone or feed a doll.

Give your child choices. Let your child choose a snack or what to wear.

Give your child lots of different experiences. Explore your neighborhood parks, libraries and museums. Play with things that are used in different ways (to make sounds, build, etc.).

Show your baby how things work. “Look at how the car rolls.”

Play games that involve back-and-forth. As your child gets older, help them wait for a short time.

Preschoolers

Use everyday routines to notice patterns. Point out familiar routines (first we wash hands, then we eat).

Sort and categorize throughout the day. Picking up toys and laundry are great sorting activities.

Wonder with your child. “I wonder if it’s going to rain today.” Encourage your child to ask questions.

Point out and use symbols. Encourage your child to recognize and name signs and symbols.

Support your child to finish things they start. Help them plan and stick with things for longer periods of time.

Adapted from the Connecticut Office of Early Childhood