

Infants 0-12 months

	What to Expect	How to Nurture it
Social - Emotional	Develops attachment to caregivers; responds to emotional cues; begins to show stranger anxiety.	Respond promptly to cries; offer consistent routines; make eye contact and smile frequently.
Cognitive	Explores through senses; recognizes familiar faces; begins cause and effect learning.	Use sensory toys; play peekaboo; repeat activities to reinforce memory.
Physical	Lifts head; rolls over; sits with support; begins crawling, standing, and walking.	Provide tummy time; offer toys just out of reach; encourage crawling and reaching.
Language	Coos and babbles; responds to voices; begins to recognize familiar words and gestures.	Talk frequently; use baby signs; respond to sounds and gestures.
Mathematics	Begins noticing patterns; explores size and quantity through play; tracks moving objects.	Play with nesting toys; talk about big and small; stack and sort blocks.
Science and Technology	Explores objects using senses; shows interest in new textures, sounds, and movements.	Provide sensory toys; talk about what they see, hear, and feel; explore safe household items.
Social Studies	Recognizes familiar people; responds to routines; begins to show preferences for caregivers.	Use consistent routines; name family members in photos; talk about daily events.
The Arts	Responds to music and movement; explores textures and colors with hands and mouth.	Play music and dance together; offer colorful, safe toys; let them explore textures.