

Step 1 Essential Trainings

Early Brain and Child Development: The First 1000 Days



Checklist of Practice

Always	Sometimes	Not Yet	Caregiver Strategies: What they look like in practice
			1. Talk to, smile at, cuddle with infant and allow infant time to respond to you.
			2. Provide words to the infant's expression of emotion (hungry, peaceful, happy, sad, sleepy).
			3. Provide consistent responses, environments, and routines.
			4. Provide opportunities for child to engage in brief play and activities on their own.
			5. Explain what is happening while interacting with child.
			6. Offer expressions of surprise, delight, and concern in addition to words that describe reactions to cause and effect situations.
			7. Provide opportunities for children to experiment with objects to see outcomes (on/off, filling and dumping).
			8. Provide early face-to-face turn-taking interactions (talking and vocalizing or facial expressions).
			9. Include signs and gestures in daily routines (few simple baby signs such as "more" and "all-done"; and common gestures such as waving bye-bye).
			10. Connect motor movements to finger plays, poems, and songs.
			11. Read books with sounds effects (Roaring, stomping, clapping, swishing, etc.)
			12. Ask open-ended and "wh" questions (why, who, what, where, when and how) to encourage child to describe an event or occurrence.
			13. Set aside time daily for storytelling, singing, and talking with child.
			14. Use animated expressions and language.
			15. Allow and encourage repetitive activities such as dropping and picking up objects.

