

# Rosie's Tiny Tots

where love and learning go hand in hand

## Understanding Windows of Opportunity

Dear Parents,

There are windows of time when the brain is most fertile for wiring and strengthening specific skills. These fertile times are referred to as "windows of opportunity." When positive experiences occur within these fertile windows of opportunity, brain wiring is optimized.

SKILLS	WIRING OPPORTUNITY	GREATEST ENHANCEMENT
<b><u>Emotional Intelligence</u></b>	0 - 48 months	4 years to puberty
Trust	0 -14 months	
Impulse Control	16 - 48 months	
<b><u>Social Development</u></b>	0 - 48 months	4 years to puberty
Attachment	0 -12 months	
Independence	18 - 36 months	
Cooperation	24 - 48 months	
<b><u>Cognitive Development</u></b>	0 - 48 months	4 years to puberty
Cause and Effect	0 -12 months	
Problem Solving	18 - 36 months	
	24 - 48 months	
Physical Development	0 - 24 months	2 years to puberty
<b><u>Language Development</u></b>	0 - 48 months	2- 7 years
Early Sounds	0 -16 months	8 months to puberty
Vocabulary	16 - 48 months	2- 5 years

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## What You Can Do

- Make sure your child has plenty of positive experiences and interactions in the early years.
- Develop social and emotional intelligence by being available to your child and helping your child understand her emotions. When she shows interest in others, provide opportunities for interactions (play dates, mother's day out, school).
- Expand cognitive skills by encouraging your child to explore his world—to figure out how things work and what causes things to happen.
- Build language by talking, reading and singing to your little one.
- Develop physical skills (motor skills) by giving your child plenty of opportunities to move. Keeping your child restrained, such as in a feeding chair or swing, will inhibit her physical development. Any time your child is awake, she belongs in a safe, open space that encourages movement. As your child becomes mobile, provide safe climbing and scooting apparatus.