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# Structure for Success

## WHEN THE BABY OR TODDLER IS IN AN ALERT STATE:

- **FIND A QUIET ENVIRONMENT.**
  - Babies and toddlers learn best in a one-to-one environment.
  - Turn off the TV and talk-radio.
  - Find a private space for just you and the child.
  
- **POSITION THE BABY OR TODDLER.**
  - Place the child facing you ... or move to the child's level.
  - Be sure the child's arms, hands, and feet can move.
  - Does the child have room to move?
  
- **GET THE BABY'S OR TODDLER'S ATTENTION.**
  - Call out the child's name.
  - Gently touch the child's face or touch the toddler's arm.
  - Establish eye contact.
  
- **FOCUS ON ONE THING AT A TIME.**
  - Development will determine what babies and toddlers like to play.
  - Play with one toy at a time until the child disengages.
  - Try to keep the child's attention focused.
  
- **WAIT FOR THE BABY OR TODDLER TO RESPOND.**
  - Interact with the child at his or her level.
  - Use activities or objects the child responds to.
  - (This includes your voice, your fingers, and your face.)
  
- **RECOGNIZE THE SIGNS IF THE BABY OR TODDLER "TUNES OUT."**
  - Turning away, looking down, and/or rubbing eyes.
  - Moving to another interest area.
  - Throwing or scattering toys.
  
- **WAIT TO SEE IF THE CHILD STABILIZES AND WANTS TO RE-ENGAGE.**
  - Sometimes children only need a moment to calm nerves.
  - They may look away or walk away.
  - Then they may return to eye contact and begin again.