



Personal-Social

Activities to Help Your Toddler Grow and Learn



Your toddler is gaining more independence every day. She may show jealousy of others who get attention, especially siblings. She is very interested in other children. She likes to do things by herself and may become a little bossy and resist your suggestions. Your good humor will go far in seeing you both through the coming months.

Big Time Mealtime Let your toddler join the family at the table for meals and eat with his own spoon and fork. He may need a booster seat to be right at the table. He can begin to drink from a small plastic cup (just don't fill it to the top). He can even help you set a place at the table. Talk about what a big boy and good helper he is.

Family Dancing Show your toddler how to dance. Play music, and show her how to imitate you or dance with you. Invite other family members to dance along. Pick up your toddler and dance with her. Praise your little one. Give her a hug.

Storytime This is a good time to establish the habit of reading stories every night before bed. After brushing teeth and getting ready for bed, cuddle up and enjoy a favorite book. It is especially good to read with the TV turned off. This might also be a special time for another member of the family to share with your toddler.

Comfort Me Because your toddler is so busy and is often frustrated, he will need a lot of comfort and reassurance. He responds to what he's feeling right now and cannot really understand that he will feel better in just a little while. He will need your warm voice, a hug, and comfort.

Tickles and Kisses While getting your toddler ready for bed, say goodnight with a little tickle or kiss to different parts of baby: "Goodnight little nose (tickle), goodnight little foot (tickle), goodnight little ear (tickle)." Ask your baby what part needs a goodnight tickle or a goodnight kiss.



16–20 months