



# Personal-Social

Activities to Help Your Child Grow and Learn



Your child is becoming more independent in dressing and has refined his skills. He can put his shoes on the correct feet. He uses the toilet without needing help and can brush his teeth. He is eating different types of foods and can serve himself at the table, pouring and scooping with no spilling. He plays cooperatively with other children and will comfort a playmate in distress. He plays games with rules and can follow directions.

- Game Time** Your child may enjoy learning games that have rules. You can play card games with your child, such as Go Fish, Old Maid, or Animal Rummy or other games such as Candy Land or Don't Spill the Beans. If other children come over, you may need to play at first to help them learn about rules and taking turns.
- Super Chef** Your child will love to help you cook or make her own snack. She can learn how to pour, stir, spread, and cut soft foods with your help (and careful supervision). You might try muffin pizzas. Your child can scoop spaghetti sauce on an English muffin, sprinkle on some cheese, and add toppings that she likes. Cook the muffin pizzas in the oven for a few minutes. Yum.
- Tent Safari** On a rainy day, ask your child if he would like to invite a friend over to play. Give the children some old blankets or sheets and let them build a tent by draping the sheets over chairs or furniture. Once they make their tent, they can play in it or read books with a flashlight.
- Teddy Bear Picnic** Your child can bring her stuffed animals or dolls on a picnic. Make a basket with a blanket, napkins, pretend food, and plastic plates and tea cups. Your child can practice dressing skills by getting "dressed up" for the bears. Later, your child can help clean up after a wonderful picnic.
- Novice Note Writer** Help your child write a letter to someone he knows. Your child can draw a picture and you can write down the words he wants to say, or your child can try his own skills at writing. Show him how to address the envelope, and have him practice saying his full name and address. You can help your child write his name at the end of the letter.
- Rub-a-Dub** Keep a sturdy footstool in the bathroom so that your child can step up and see herself in the mirror. Give your child her own special washcloth and towel, and teach her how to wash her face with soap. Give her a big kiss on her clean and shiny face! When she takes a bath, she can wash herself and dry herself off, too. Don't forget to have her brush her teeth.



48-54 months