



Personal-Social

Activities to Help Your Toddler Grow and Learn



Your toddler is still working on doing things for himself and wants very much to please adults. He enjoys feeding himself and dressing himself without your help. Since toddlers love to imitate, you can let him help around the house with simple tasks, such as wiping up spills. Your extra support and patience will make life easier for both of you, especially if there's a new baby at home.

Dapper Dresser Taking off clothing is probably easy for your child. Now begin having her put on her own clothes. Start with loose-fitting shorts. Have her sit on the floor, put both legs in the shorts, stand up, and then pull up shorts. Tell your child, "Wow! You put those on all by yourself!" Let her look at herself in a mirror. Now practice putting on a T-shirt: head first ("Boo!"), then one arm, and then the other arm. "What an excellent dresser you are!"

Playmates Invite a one of your child's friends over to play for a short period of time, or take your child to a relative's house where there is someone his age. Make sure there are enough toys to play with to share easily. Later, let him tell you all about his experience.

First Feelings Help your child name feelings when they happen. When your child is worried, you can help her understand the feeling by telling her, "You look worried. Can you tell me about it?" If you know your child is frustrated, use the words: "I know you are really frustrated, but you can have a turn in a minute." When your child learns that feelings have names, she will be able to handle them more easily.

Holding a Baby Let your child hold a baby, either a sibling or a relative or neighbor's baby (with their permission). Supervise your child as he holds the baby, and help him sit steadily and hold his arms appropriately for support. Talk about how babies must be handled gently. Tell him what a good friend he is to baby and how baby likes him.

All by Myself Enjoy a meal during which your little one feeds herself using a fork. Mashed potatoes will be a little easier than peas, but soon your little one will have mastered peas, too! Show her how to twist noodles. Better have an extra napkin on hand!

Big Little Parent When your toddler plays with a doll or teddy bear, give him a small plastic dish, a spoon, and a cup. He may also need a baby blanket and maybe a hairbrush and toothbrush. Now he can really take care of that baby bear!



24-30 months