



Personal-Social

Activities to Help Your Child Grow and Learn



Your child is becoming more and more sociable. He can be very helpful with household tasks and can take care of many of his personal needs. He plays with other children but still may not be able to cooperate or share very well. Your approval and attention are very important to him. He likes being silly and making others laugh, especially you.

Dress-Up Fun Let your child play dress-up in some old or interesting clothes. Boots are fun, as well as large hats. A scarf or necklace adds a nice touch. A purse, wallet, or vest also makes the play interesting. Make sure there are some buttons to button, some zippers to zip, or some gloves to stick fingers into for even more skill building! Put a mirror at your child's level. Ask her, "Are you ready to go to town?" "Are you going to work?"

Counting Turns Help your child learn to manage taking turns by counting how long a turn will take. For example, tell your child he can swing until the count of 10, and then it will be his brother's turn. Count 10 swings out loud. "Okay, now it's your brother's turn for 10 swings. Help me count." Your child will learn that the wait for a turn will soon be over.

Wonderful Rhythm and Rock In addition to stories, read poems and rhymes to your child at special cozy quiet times. If you have a rocking chair, cuddle up and rock a little to the rhythm of the words, or just cuddle and rock. Let your child fill in some of the missing words to a rhyme:

You: Hickory, dickory...

Your child: dock

You: The mouse ran up the...

Your child: clock

Cupcakes for All Let your child help you bake some cupcakes for the family. Let her sift, pour, and stir as much as she is able. Let your child spread icing with a plastic knife while you do the cooking and handle anything hot. Talk about who the cupcake is for. Place it on a napkin and write that person's name on the napkin. At mealtime, let your child share the special cupcakes.

Counting Good-Night Kisses When you put your child to bed, count kisses out loud. Ask your child how many kisses for the chin: "Three? Okay, one (kiss), two (kiss), three (kiss). How about your nose?" What a happy way to learn to count.

Set the Table Let your child help you set the table. Place one plate on the table for each person, and then show your child how to put one fork by each plate, then one napkin by each fork. What a good helper!



36-42 months