



# Personal-Social

Activities to Help Your Child Grow and Learn



Your child is better at taking turns and waiting. Although she plays with other children cooperatively, she still needs adult help from time to time with problem solving. Her feelings can be strong, but they may become easier to understand when you name them. She likes to select her own clothes and is more skilled at dressing herself.

**Pouring** Give your child a small pitcher or measuring cup and let him pour his milk from the pitcher into his cup or bowl of cereal. Have a paper towel ready just in case. Let him pour juice or milk at mealtime. Praise his success.

**Dress-Up** Provide clothes for your child to play dress-up. Children love to imitate adults in their family and in their community. The clothes don't have to be fancy, just oversized shirts, scarves, hats, skirts, shoes, or even loose fabric. Encourage children to dress themselves, fastening buttons, snaps, zippers, and so forth. Play along: "Are you going to work today?" "Are you going to a party?"

**Puppets** Puppets are another way to pretend and to have some fun. You can use store-bought puppets, or make them yourself. Find a magazine picture (or draw a picture) of a person or animal, cut it out, and paste it on cardboard. Attach a Popsicle stick, paint stirring stick, or chopstick for a handle. Let your child be one character, and you be another. Have conversations in pretend voices.

**Special Helper** Proclaim your child the special helper for the day. Let her help you wash the clothes, cook, feed pets, sweep, and wash dishes. She can help in some small way with almost everything. Be sure to allow extra time since young helpers may need it. This helping will eventually become part of your child's family chores, so be sure to give praise and keep it fun. At dinnertime, tell the others in the family what a great helper she was.

**Self-Help Choices** Offer choices to your child about his activities, including taking care of himself. Sometimes it is easier to get him to cooperate when he has a choice. For example, you might offer him the choice to brush his teeth either before or after he puts on his pajamas. These self-help skills are things children can start doing for themselves, but it's more fun and more appealing if there's a choice.



42-48 months