



# Personal-Social

Activities to Help Your Child Grow and Learn



Your child is able to meet most of her personal needs but may need practice or help on some of the more difficult parts of a task, such as tying her shoes. She eats a variety of foods, has social dining skills, and is dressing herself. She enjoys playing with other children and working together on projects. She is beginning to use her words to help solve conflicts with friends.

**Going on a Date** Go on a “date” with your child. Go out to lunch, or go to see a movie. Before you go out, you and your child can get ready. He can put on a special shirt and pants, wash his hands and his face, use the potty, and brush his teeth. Show him a mirror so he can see how great he looks. Now go have fun! Be extra polite. Use “please” and “thank you” throughout your date.

**Fruit Salad** Make a fruit salad for lunch. You can use any favorite fruits such as grapes, bananas, apples, and oranges. Your child will enjoy washing, peeling, and scooping the fruit into a bowl. She could even help slice a soft fruit such as a banana with a butter or plastic knife. Add things to the salad that sound yummy such as yogurt or nuts. Your child can practice using a spoon and fork as she helps make and serve the fruit salad.

**Pressed Flower Cards** Collect flowers from your yard or neighborhood, a park, or a roadside. Flowers that are small and delicate work best because they press flat. Once you collect your flowers, place them between sheets of paper towels or newspaper and lay them between heavy books (such as old phone books). Then, give the flowers a few days to dry and flatten out. Glue these flowers on a piece of paper to make notecards for family and friends. Help your child write someone a special note.

**911** Talk to your child about what he should do if he gets lost or if there is an emergency in the house. Your child can learn how to dial 911 and give information to the operator. You can role-play this with your child using a pretend phone, but teach your child to use a real phone for a real emergency. Teach your child his name, address, and telephone number. Sometimes it helps if he learns this information as a song. Pretend you are a police officer, and your child can pretend, too.

**All by Myself** Make sure your child has a little extra time in the morning to get dressed. Then encourage her to try to button her shirt, snap her pants, or tie her shoes. She will need some help and some time, but be patient. The more she practices, the sooner she will be able to get dressed all by herself.

**You as Me, Me as You** You and your child can switch roles for part of the day. She can pretend to be you and help you get dressed or brush your hair. You can pretend you need help getting ready. The make-believe could include a change of duties, clothes, behaviors, vocabulary, and other habits. Keep the activity positive and fun.



54–60 months