

Personal-Social

Activities to Help Your Toddler Grow and Learn



Your toddler is still learning to do things for himself and wants very much to please adults. He enjoys feeding and dressing himself without your help. Toddlers love to imitate, so you can let him help around the house with simple tasks, such as wiping 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 easy! Now have your toddler put on her own clothes. Start with loose shorts. Have her sit on the floor, put both legs in the shorts, stand up, and pull up the shorts. Tell your child, "Wow! You put those on all by yourself!" Let her look at herself in a mirror. Practice putting on a T-shirt, with her head first ("Boo!"), then one arm, and then the other arm. Say, "What an excellent dresser you are!"

Playmates

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

First Feelings

Help your child name feelings when they happen. You can help her understand feeling *worried* 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 sibling or cousin. Help your child as he holds the baby so that he can sit steadily and use his arms to support the baby. Talk about how babies must be handled gently. Tell him what a good friend he is to the baby and how baby likes him.

All by Myself

During a meal, let your little one feed herself using a fork, spoon, or other utensil. Mashed potatoes will be a little easier than peas, but soon she will master peas, too! Show her how to twist noodles with a fork. Have an extra napkin and sponge on hand!

Big Little Parent

When your toddler plays with a doll or stuffed animal, 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!

Notes:



Don't Forget! Activities should be supervised at all times by an adult. Any material, food, or toy given to a young child should be reviewed for safety. Always watch your toddler during mealtime.