

Personal-Social

Activities to Help Your Child Grow and Learn



Your child is able to take care of some of her personal needs, but she still needs your hugs and support. With a little help, she can usually separate from you in familiar settings. She can obey simple rules. She enjoys simple games with other children and is proud of her accomplishments. She will respond with pride when you notice positive behavior, such as being helpful, following a rule, or doing something for herself.

Cooking Helper

Let your child help with cooking by measuring, pouring, stirring, washing, and tearing greens. With your help and a plastic knife, he can even cut soft foods, such as bananas. These are real activities that help the family. Tell him, "Thank you for helping with our meal!" Ask him to tell the family what is in the salad. Yum!

Super Picker-Upper

Show your child how to put trash in the trash can. If your child drops paper, ask her to pick it up and put it into the trash can. She may enjoy helping you put trash outside for the garbage truck to pick up. Show your child how important it is to keep the world clean. Talk about what would happen if people didn't pick up trash.

Bathing Beauty

Your child will enjoy trying to wash himself in the bathtub. Show him how to use a washcloth and soap. Be sure to let your child know that he is doing a good job. Then, give your child a towel to dry himself: "Whose clean little boy is this?" Have fun!

Naming Feelings

Help your child understand feelings by noticing them and naming them. Children need to learn that other people have feelings, too: "When you take the toy, it makes your sister sad." Don't be afraid to use big words: "I can tell you're *excited* because it's your birthday!"

Super Driver

Make an obstacle course in your home or outside. Let your little driver push a cart or pull a wagon, steering around boxes, rocks, or over a hose. There's a big hug at the finish line!

Look at You!

Start a dress-up bin for your child. Go through your closet and gather old clothes. Gather men's items as well. Old purses, wallets, hats, ties, shoes, belts, and necklaces are fun. Let your child dress up and look in the mirror. Be prepared to play for a while. Have your camera ready!

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 child during mealtime and bath time.