

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 needs support at times to cooperate and share. 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, belts, and other accessories. 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, zippers to zip, or gloves to stick fingers into. Put a mirror at your child's level: "Where are you going today?"

Counting Turns

Help your child learn to manage taking turns by counting how long a turn will last. 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

Read or recite poems and rhymes to your child at special cozy quiet times. Cuddle up and rock a little to the rhythm of the words, or just cuddle and rock. Let your child fill in missing words to a familiar rhyme: "Humpty Dumpty sat on a..." Wall!

Cupcakes for All

Let your child help you bake cupcakes. She can sift, pour, and stir as much as she is able. Let her spread icing with a plastic knife. Talk about who the cupcake is for. Place it on a napkin and write that person's name on the napkin. Let your child share the special cupcakes.

Counting Goodnight 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!

Counting Cars

Riding in the car or on the bus, ask your child to count all the blue cars he sees. Help him watch for blue cars and count them out loud. Remember, blue trucks don't count. Next time, let your child choose what to count!

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.