

# 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 to solve problems. Her feelings can be strong and may become easier to understand when you name them. She likes to select her own clothes and is more skilled at dressing herself.

### Perfect Pouring

Give your child opportunities to pour at mealtimes. Give him a small pitcher or cup half filled with milk. Let him pour from the pitcher into his cup or bowl of cereal. Let him pour water, juice, or milk for himself and others at the table. Be patient, and have a paper towel ready just in case. Be sure to praise his success!

### Dress-Up Party

Provide a variety of clothes to play with—nothing fancy, just oversized shirts, scarves, hats, skirts, shoes, or even loose fabric. Choose a theme, such as going to the beach or getting ready for a party. Have your child search for objects or props. Pick out your own outfit once your child has selected hers. Children love to imitate adults in their family and community. Encourage her to dress herself by fastening buttons, snaps, zippers, and so forth. Play along: “Are you going to a party?”

### Playful Puppets

Puppets are great for pretend fun. Use store-bought puppets or make your own. Find 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. Draw a face on the bottom of a paper lunch bag and put your hand up into the folds. Move your fingers and make it “talk.” Let your child be one character and you can be another. Have conversations in pretend voices.

### Special Helper

Tell your child he is your special helper. Let him help you wash the clothes, cook, feed pets, sweep, and wash dishes. He can help in some small way with almost everything. Be sure to allow extra time since young helpers may need it. This helping may become part of your child’s family chores. Be sure to give a lot of praise and keep it fun.

### Choice Time

Offer choices to your child about her activities, including taking care of herself. You might offer her the choice to brush her teeth either before or after she puts on pajamas. You can also let her pick a snack from two options. It’s more fun and easier if she has some choice in how things happen.

### Soothing a Playmate

When young children play together, often one child will get a bump or feel injured in some way. Show your child how to comfort a friend in distress with a gentle touch or a little hug. Teach your child some comfort words, such as, “Are you okay?” This empathy will be a valuable lesson in making and keeping friends.

### Feeling Faces

Act out different feelings with your child. Be happy, sleepy, sad, silly, surprised, and frustrated! Show your child a deep frown, a giggle, or pretend to cry and have him guess what you are feeling. Now have your child try with you!

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.