

Personal-Social

Activities to Help Your Child Grow and Learn



Your child is becoming more independent in dressing. He can put his shoes on the correct feet. He uses the toilet without help and can brush his teeth with a “touch up” from you. He is eating different types of foods and can serve himself at the table, pouring and scooping without spilling. He can play cooperatively with other children and will comfort a playmate in distress. He plays games with rules and can follow directions.

Game Time

Your child may enjoy learning games that have rules. You can play card games and board games with your child. If other children join you, play with them at first to help them learn about rules and taking turns. Start a family game night: one night a week after dinner!

Super Chef

Your child will love to help you cook or make her own snack. She can learn how to pour, stir, spread, and cut soft foods with your help. You might try mini-pizzas. Your child can scoop spaghetti sauce on an English muffin or bagel, sprinkle on some cheese, and add toppings that she likes. Cook the pizzas in the oven for a few minutes (you do this part). Yum!

Tent Safari

On a rainy day, ask your child if he would like to invite a friend over to play. Have the children build a tent by draping old sheets or blankets over furniture. Once they make their tent, they can play in it or read books with a flashlight. What fun to have a secret hideaway! Children this age can help pick up. They can help you fold the sheets by finding a corner and bringing it to you!

Teddy Bear Picnic

Have your child bring stuffed animals or dolls on a picnic. Make a basket with a blanket, napkins, pretend food, and plastic plates and tea cups. Your child (and the bears!) can get “dressed up” for the picnic. Your child can help clean up after a wonderful picnic.

Everybody Loves a Letter!

Have your child write a letter to someone he knows. You can write the words he wants to say, or your child can try writing. He can also draw a picture. Help him write his name at the end of the letter. Show him how to address an envelope (you may need to do this part). Let him add the stamp and really mail the letter. Watch the mail for a happy reply.

Rub-a-Dub

Keep a footstool in the bathroom so that your child can step up and see herself in the mirror. Give your child her own washcloth and towel, and teach her how to wash her face. Give her a big kiss on her clean and shiny face! At bath time, she can wash and dry herself, too. Don't forget to have her brush her teeth with your help.

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.