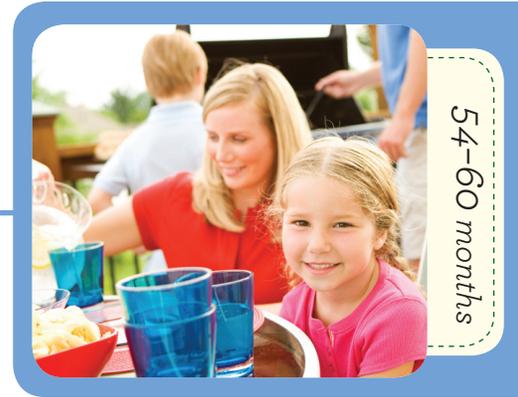


# Personal-Social

## Activities to Help Your Child Grow and Learn



Your child is able to meet most of her personal needs. She may need practice or help on more difficult tasks, such as tying her shoes. She eats a variety of foods, has social dining skills, and dresses herself. She enjoys playing with other children and working together on projects. She is beginning to use her words to help solve conflicts with friends.

### Going on a Date

Go on a "date" to lunch or a movie with your child. Before you go out, you can get ready. He can put on a special shirt, wash his hands and face, use the potty, and brush his teeth. Show him a mirror so he can see how great he looks. Now go have fun! Be extra polite. Say "please" and "thank you" throughout your date.

### Fruit Salad

Make a fruit salad for lunch with any favorite fruits such as grapes, bananas, apples, and oranges. Your child will enjoy washing or peeling the fruit. She could help slice a banana with a plastic knife. Add yummy things to the salad, such as yogurt or sunflower seeds. Your child can practice using a spoon and fork to make and serve the fruit salad.

### Pressed Flower Cards

Collect flowers from your yard, neighborhood, a park, or a roadside. Flowers that are small and delicate work best. Place the flowers between sheets of paper towels or newspaper, then lay them between heavy books. Give the flowers a few days to dry and flatten out. Glue them to a piece of paper to make notecards. Help your child write someone a special note.

### 911

Talk to your child about what to do if he gets lost or if there is an emergency. Teach your child his name, address, and telephone number. Your child can learn how to dial 911. Role-play using a pretend phone, but teach your child to use a real phone for a real emergency. It may help if he learns this information as a song. Make a card for your child that has his name, address, phone number, emergency contact, and a list of any allergies in case you cannot be reached. Give your child his own wallet to carry the card in his pocket or backpack.

### I Can Dress Myself

Make sure your child has a little extra time in the morning to get dressed. Encourage her to try to button her shirt, snap her pants, or tie her shoes. She will need help and some time, but be patient. The more she practices, the sooner she will be able to get dressed all by herself.

### You as Me, Me as You

You and your child can switch roles. He can pretend to help you get dressed or brush your hair. This pretend time could include a change of small jobs, clothes, behaviors, vocabulary, and other habits. Keep the activity positive and fun.

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.