

Social-Emotional Activities for Toddlers 24 Months Old



<p>Try to have set routines during the day, and let your child know what will be happening next. Say, “Remember, after we brush your hair, we get dressed.”</p>	<p>Your child is learning about rules but will need a lot of reminders. Keep rules short and simple, and be consistent.</p>	<p>Have a special reading time every day with your toddler. Snuggle up and get close. Before bedtime or naptime is a great time to read together.</p>	<p>Let your toddler know how special she is! She will love to be praised for new things she learns how to do. Say, “You are so helpful. Wow, you did it yourself!”</p>
<p>Stay nearby to help your child learn about taking turns during play with friends. It is early to know how to share. Talking about turns will help him learn.</p>	<p>Give your toddler choices, but keep them simple. Let her choose a red or a blue shirt while dressing. Let her choose milk or juice at lunch.</p>	<p>Provide a lot of time to play with other children. Your child may be very active but needs rest times, too. Try to learn your child’s rhythms and go with his flow.</p>	<p>Let your child do more things for herself.* Put a stool near the sink so she can wash her hands and brush her teeth. Let her pick out clothes and help dress herself.</p>
<p>Get down on the floor and play with your child. Try to follow your child’s lead by playing with toys he chooses and trying his ideas.</p>	<p>Encourage your child to pretend play. Put a few small chairs in a row to make a “bus.” Cut up some paper “money” to pay the driver. Ask, “Where will we go today?”</p>	<p>Everything is new to your toddler. She can observe some weeds growing on a path or a bird pecking for seeds. Take some time to see the little things with her.</p>	<p>Your toddler is learning all about emotions. Help him label his feelings when he is mad, sad, happy, or silly. Say, “You are really happy” or “You seem really mad.”</p>
<p>Play Parade or Follow the Leader with your toddler. Your child will love to copy you—and be the leader!</p>	<p>If your child has a temper tantrum, then stay calm and talk in a quiet tone. If possible, let her calm down by herself.</p>	<p>Don’t forget to tell your child how much you love him! Give him hugs and kisses and soft touches to let him know.</p>	<p>Teach your child simple songs and finger plays, such as “The Itsy-Bitsy Spider.”</p>

*Be sure to review safety guidelines with your health care provider.