

## Social-Emotional Activities for Young Children 30 Months Old



<p>Make a "Me Book" with your child. Take some pieces of paper and glue in pictures of your child, family members, pets, or other special things. Tape or staple the pages together.</p>	<p>Tell your child funny stories about things he did when he was a baby. Begin a favorite story and see if he can tell what happens next.</p>	<p>Show your child family photos. Talk about the people in the pictures and who they are. Say, "That is your Uncle Ling." Can your child tell you who the people are?</p>	<p>Tell your child a favorite nursery rhyme, and ask her how the characters in the story felt.</p>
<p>Give your child directions that have two steps. Say, "Put all of the LEGOs in the box, and then put the box in the closet." Let him know what a big help he is!</p>	<p>Let your child help when you are cooking and cleaning.* She can do things such as helping to stir, putting flour in a cup, or putting away spoons and forks in the drawer.</p>	<p>Your child loves to imitate you. Try new words, animal sounds, and noises, and see if your child can imitate what you say or how you sound.</p>	<p>Encourage creative play, such as drawing with crayons, painting, and playing with playdough. Playing with chalk on the sidewalk is fun.</p>
<p>Let your child do more things for himself. He can put on his shoes and coat when you go out. Make sure you give him plenty of time to work on these new skills. Say, "What a big boy!"</p>	<p>Draw and cut out faces that show different feelings, such as angry, frustrated, and happy. Encourage your child to use the faces to tell you how she is feeling.</p>	<p>Tell your child every day how much you love him. Give him little kisses on his nose, ears, and fingers. Say, "I love your nose! I love your ear! I love your finger. I love you!"</p>	<p>Have a special reading time every day. Snuggle up and get close. Look in the library for books about children with big feelings. Ask, "What do you do when you get mad?"</p>
<p>Play with your child and help her learn how to share. Show her how to share and praise her when she shares with you. This is a new thing for her, so do not expect too much at this age.</p>	<p>Encourage your child to tell you his name and age. Sometimes making up a rhyme or song about his name will help him remember. See if he can tell you the names of friends and teachers.</p>	<p>Sing songs and dance with your child. Play different types of music from the radio. Make simple instruments from boxes, oatmeal canisters, or yogurt tubs.</p>	<p>Invite a friend with a child over for a playdate. Keep it short, such as 1 or 2 hours. Have some playtime with enough toys for two, snack time, and some outdoor play. Say, "That was fun! See you next time."</p>

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