



Activities



FUN & EASY SOCIAL-EMOTIONAL ACTIVITIES

Try these activities with your 2-year-old—a great way to have fun together and support your child's social-emotional development.

Play Parade or Follow the Leader with your toddler. Your child will love to copy you—and be the leader!

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."

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.

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.

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?"

Teach your child simple songs and finger plays, such as "The Itsy-Bitsy Spider."

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."

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.





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FUN & EASY SOCIAL-EMOTIONAL ACTIVITIES

Try these activities with your 30-month-old—a great way to have fun together and support your child's social-emotional development.

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!

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.

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.

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

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!"

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.

Encourage creative play, such as drawing with crayons, painting, and playing with playdough. Playing with chalk on the sidewalk is fun.

Play with your child and help her learn how to share. Show her how to share and praise her when he shares with you. This is a new thing for her, so do not expect too much at this age.

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."

