

SOCIAL-EMOTIONAL BEHAVIOR DEVELOPMENT IN YOUNG CHILDREN

At 24 months (2 years) . . .

- Your toddler likes to imitate you, other adults, and her friends.
- Your toddler wants to do everything by himself, even though he can't!
- Your toddler's favorite words are "mine," "no," "me do it."
- Your toddler has a lot of emotions, and her emotions can be very "big." She can get angry and have temper tantrums.
- Your toddler likes to imitate household tasks and can put some of his toys away with help from you.
- Your toddler loves to try new things and explore new places but wants to know you are nearby to keep her safe.
- Your toddler is very interested in other children and is still learning how to play with them.
- He will play nearby other children, but not really with them. He doesn't understand how to share his things yet.
- Your toddler has a hard time waiting and wants things right now.
- Your toddler loves attention from familiar adults and children but may act shy around strangers.
- Your toddler is learning how to show affection by returning a hug or kiss. She tries to comfort familiar people who are in distress.
- Your toddler knows his name and knows what he likes and dislikes. He may be very attached to certain things such as a special book, toy, or blanket.
- Your toddler enjoys simple pretend play like pretending to cook or talk on the telephone.
- Your toddler is learning about the routines in your home, but generally she is unable to remember rules.

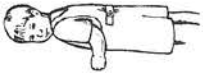




SOCIAL-EMOTIONAL BEHAVIOR DEVELOPMENT IN YOUNG CHILDREN

At 30 months . . .

- Your child enjoys playing alongside other children.
- He likes using his increasing imagination. Puppets, dress-up clothes, dolls, and play figures are fun playthings.
- Your child is beginning to understand others' feelings. She may be able to identify when another child is angry or happy.
- Your child is beginning to learn about sharing. He doesn't always share but can sometimes.
- Your child is getting louder and bossier at times. She may talk with a loud, urgent voice.
- Your child at this age can follow simple routine directions, such as "Bring me your cup" and "Please go in your room and get your socks."
- He enjoys hearing songs and stories—sometimes over and over again.
- Your child wants to be independent sometimes but also may want you nearby. She will now easily leave your side if she is in familiar surroundings.
- He can identify whether he is a boy or a girl.
- Your child may greet familiar adults and is happy to see familiar friends.
- She may scream and throw temper tantrums at times.
- He likes to be hugged and cuddled—but not in the middle of playtime.



SOCIAL-EMOTIONAL BEHAVIOR DEVELOPMENT IN YOUNG CHILDREN

At 36 months (3 years) . . .

- There are many things your child can do for herself, and she will tell you, "I can do it myself!"
- Although he is more independent, your child is still learning to follow simple rules—and he may need gentle reminders.
- She now plays briefly *with* other children. She is learning more about sharing and taking turns.
- He may have a special friend that he prefers playing with. Boys may prefer playing with boys, and girls with girls.
- She is becoming more independent. When you go on outings, she won't always hold your hand and stay by your side.
- Your child's emotions may shift suddenly, from happy to sad, from mad to silly. He's trying to learn how to handle his emotions.
- She can sometimes express with words the feelings that she is having. She is beginning to think about the feelings of others and may be able to identify their feelings, too.
- Your child uses his imagination to create stories through pretend play with dolls, toy telephones, and action figures.
- Your child may boss people around and make demands. This shows not only that she is independent but also that she values herself. She might do something that is asked of her but may be more willing if she thinks it's her idea.
- Your child may be fearful and have nightmares. Television shows (even scary cartoons) can give him nightmares.
- Your child's attention span is increasing, and she often stays with an activity for at least 5 minutes.





SOCIAL-EMOTIONAL BEHAVIOR DEVELOPMENT IN YOUNG CHILDREN

At 48 months (4 years) . . .

- Your child likes to play with other children and has favorite games and playmates.
- Your child is beginning to share and take turns but is possessive of favorite toys and playthings.
- Your child expresses extreme emotions at times—laughs, cries, is silly, angry. She may be able to label her own feelings.
- When your child plays, he often uses real-life situations such as going to the store, school, and gas station.
- Your child may continue to have imaginary friends when playing games, sleeping at night, and going to preschool.
- Your child now understands home rules if they are short and simple.
- Your child is starting to understand danger and knows when to stay away from dangerous things.
- Your child loves silly jokes and has a sense of humor.
- Your child is beginning to control her feelings of frustration.
- Your child may use his imagination a lot, and he can be very creative.
- Your child is becoming more independent and adventurous and may be attracted to try new things.
- With her new independence, your child may be boastful and bossy at times.
- Your child may show concern and sympathy for younger siblings and playmates when they're hurt or upset. His ability to empathize—to put himself in someone else's shoes—is increasing.



SOCIAL-EMOTIONAL BEHAVIOR DEVELOPMENT IN YOUNG CHILDREN

At 60 months (5 years) . . .

- Your child likes to play best with one or two other children at a time.
- He likes to choose his own friends and may have a best friend.
- Your child now plays simple table games like Candy Land and Lotto.
- Your child likes to play in small groups at the park or at school and may play with most of the children in her class.
- He understands and can follow simple rules at home and at school.
- Your child is showing a variety of emotions. She may be jealous of other children at times, especially of a younger brother or sister who is getting attention.
- Your child is now very independent and likes to make his own choices about clothes, foods to eat, and activities.
- Your child is sensitive to other children's feelings and can identify feelings in others: "He's sad."
- Your child likes to talk with familiar adults and children.
- Your child understands how to take turns and share at home and at school, but she may not want to all of the time.
- Your child is beginning to understand the meaning of right and wrong. He doesn't always do what is right, though.
- Adult approval is very important to your child. Your child looks to adults for recognition and acknowledgment.
- Your child is showing some self-control in group situations and can wait for her turn or stand in a line.
- Your child is usually able to respond to requests such as "Use your quiet voice" or "Inside is for walking."
- Your child's attention span is increasing. He is able to focus his attention for a necessary length of time such as when directions are being given or when a story is being read.

SOCIAL-EMOTIONAL ACTIVITIES FOR INFANTS 24 MONTHS OLD (2 YEARS OLD)

<p>Try to have clear routines during the day, and let your child know what will be happening next. "Remember, after we brush hair, we get dressed."</p>	<p>Your child is learning about rules but will need lots and lots 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 bedtimes or naptimes 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: "You are so helpful," "Wow, you did it yourself!"</p>
<p>When your child plays with friends, stay nearby to help them learn about taking turns. It is still early for your child to know how to share, but talking about turns will help her learn.</p>	<p>Give your toddler choices, but keep them simple. While dressing, let him choose a red or a blue shirt. At lunch, let him choose milk or juice.</p>	<p>Provide lots of time to play with other children. Your child will play hard but needs rest times too. Try to learn your child's rhythms and go with her flow.</p>	<p>Let your child do more things for himself. * Put a stool near the sink so he can wash his hands and brush his teeth. Let him pick out clothes and help dress himself.</p>
<p>Get down on the floor and play with your child. Try to follow your child's lead by playing with toys he wants to play with and trying his ideas.</p>	<p>Encourage your child to pretend play. With plastic cups, plastic containers, and some spoons, you can make some yummy "soup." Praise your toddler's cooking.</p>	<p>Everything is new to your toddler. She can find beauty in the little things like some weeds growing on a path or a pigeon 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: "You are really happy," "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, stay calm and talk in a quiet tone. If possible, ignore her until she calms 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 like "Eensy Weensy Spider" where she can use her fingers.</p>

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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 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: "That's your Uncle Joe." 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, like "Put all of the Legos in the box, and then put the box away in the closet." Let her know what a big help she is!</p>	<p>When cooking and cleaning, let your child help. * He can do things like 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. Put a step stool near the bathroom sink so he can wash his hands and brush his teeth.</p>	<p>Draw and cut out different "feeling" faces, such as angry, frustrated, and happy. Encourage your child to use the faces to tell you how she is feeling.</p>	<p>Every day, tell your child how much you love him. Give him big hugs and little hugs, big kisses and little kisses.</p>	<p>Have a special reading time every day. Snuggle up and get close. Before bedtimes and naptimes is a great time to read together.</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 don't 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 name of his 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 cans, or yogurt tubs.</p>	<p>Take your child to a park and play with her near other children. She may just watch children at first but will join in with others when she is ready.</p>

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SOCIAL-EMOTIONAL ACTIVITIES FOR YOUNG CHILDREN 36 MONTHS OLD (3 YEARS OLD)

<p>Tell your child a simple story about something she did that was funny or interesting. See if your child can tell a different story about herself.</p>	<p>Encourage your child to identify and label his emotions and those of other children or adults.</p>	<p>Provide opportunities for your child to play with other children in your neighborhood or at a park.*</p>	<p>Many children this age have imaginary friends. Let your child talk and play with these pretend playmates.</p>
<p>Give your child choices. For example, when dressing, let him choose between two shirts or during snack time, let him choose between two snacks.</p>	<p>When you and your child are cooking, dressing, or cleaning,* give her directions that have at least two steps: "Put that pan in the sink and then pick up the red spoon."</p>	<p>Write a letter together to grandparents, a pen pal, or friend. See if your child can tell you what to write about himself to include in the letter.</p>	<p>Play games with your child that involve taking turns, such as Follow the Leader and Hopscotch.</p>
<p>With stuffed animals or dolls, create conflict situations. Talk with your child about what happened, feelings, and how best to work out problems when they come up.</p>	<p>Have a special reading time each day. Snuggle up and get close. Slowly increase the length of the stories so your child can sit and listen a little longer.</p>	<p>Every day, let your child know you love her and how great she is. Give her a "high five," a big smile, a pat on the back, or a hug. Tell her she is super, cool, sweet, and fun.</p>	<p>Tell your child a favorite story such as the Three Little Pigs or Goldilocks and the Three Bears. See if your child can tell you how the animals felt in the story.</p>
<p>Draw and cut out different feeling faces, and then glue them on Popsicle sticks. Let your child act out the different feelings with the puppets.</p>	<p>Get down on the floor and play with your child. Try to follow your child's lead by playing with toys he wants to play with and trying his ideas.</p>	<p>Play games such as Mother May I and Red Light, Green Light that involve following simple directions.</p>	<p>Tell silly jokes with your child. Simple "What am I?" riddles are also fun. Have a good time and laugh with your child.</p>

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SOCIAL-EMOTIONAL ACTIVITIES FOR YOUNG CHILDREN 48 MONTHS OLD (4 YEARS OLD)

<p>Introduce a new feeling each day using pictures, gestures, and words. Encourage your child to use a variety of words to describe how he feels.</p>	<p>Encourage activities that involve sharing, such as blocks, crayons, playdough, acting out stories. Give your child lots of time to play with other children.</p>	<p>Provide opportunities for your child to be creative. Empty containers, glue, newspapers, rubber bands, and magazines can be used for making new inventions.</p>	<p>Take your child to the store, to a restaurant or the library. Explore lots of new places.* Talk with her about similarities and differences in people.</p>
<p>When doing housework or yard work, allow your child to do a small part on her own. Let her empty the wastebasket or clean crumbs off the table.</p>	<p>Talk with your child about possible dangers in your home, such as electrical outlets and stovetops. Talk about outdoor dangers, too, such as crossing the street or talking with strangers.*</p>	<p>Encourage your child's independence. Let him fix a sandwich like peanut butter and jelly. At bedtime, let him choose his clothes to wear the next day.</p>	<p>Develop a conflict or argument with stuffed animals or puppets. Talk first about how the different animals are feeling. Discuss with your child how to resolve the conflict.</p>
<p>Tell a favorite nursery rhyme or story. Talk about what is make-believe and what is real.</p>	<p>Using stuffed animals or play figures, create a party or group playtime. Play different people and talk about how they might feel and act.</p>	<p>Tell a favorite nursery rhyme or story about "anger," and talk about positive ways the characters in the story resolved their differences.</p>	<p>Take your child to the library for story hour. She can learn about sitting in a group and listening to stories.</p>
<p>Your child is learning more about rules but will still need reminders. Talk about your family rules. Keep rules short and simple, and be consistent.</p>	<p>Have simple props like old clothes, boxes, and plastic utensils for playing store, fire station, and school.</p>	<p>Remember at least once a day to hug and cuddle and to praise your child for new skills—independence, creativity, expressing emotions, and sharing toys.</p>	<p>Try to have clear routines during the day, and let your child know what will happen next. Have a reading time and quiet time each day.</p>

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SOCIAL-EMOTIONAL ACTIVITIES FOR YOUNG CHILDREN 60 MONTHS OLD (5 YEARS OLD)

<p>Tell simple jokes and riddles. Your child will love it when you laugh at her jokes. The sillier, the better.</p>	<p>Gather old shirts, skirts, hats, and so forth from friends or a thrift store. Encourage dramatic play—acting out stories, songs, and scenes from the neighborhood.</p>	<p>Encourage your child to make choices as often as possible. Let him choose between two or three different shirts when dressing, or give choices of foods for lunch.</p>	<p>Most of the time, your child will feel good about doing small jobs around the house.* Give her a lot of praise when she does a good job, and tell her what a big help she is.</p>
<p>Your child may need some help resolving conflicts, especially with his friends. Let him know he should use his words but can come to you for help.</p>	<p>When your child has friends over, encourage them to play games that require working together. Building a tent out of old blankets or playing balls are examples.</p>	<p>Ask your child his birthday, telephone number, and first and last name. Practice what he would do if he got separated from you at the store.</p>	<p>Tell your child a favorite nursery rhyme that involves the idea of "right" and "wrong," and discuss what kinds of choices the characters made in the story.</p>
<p>Let your child know how special she is. Give her a lot of love, praise, and hugs every day.</p>	<p>Show your child pictures cut out from magazines of people from different cultures. Talk about things that are the same or different between your family and other families.</p>	<p>Build a store, house, puppet stage, or fire truck out of old boxes. Your child can invite a friend over to play store or house, have a puppet show, or be firefighters.</p>	<p>Play games with your child. Board games or card games that have three or more rules are great. Go Fish, Checkers, or Candy Land are examples.</p>
<p>Have a special time for reading each day. Snuggle up and get close. Before bedtime is a great time to read together.</p>	<p>Using hand-drawn pictures or pictures cut out from a magazine, talk about real dangers (fire, guns, cars) and make-believe dangers (monsters under the bed, the dark).</p>		<p>Encourage your child to talk about the different rules at home and at school. Talk about why we have rules.</p>

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