

## Social-Emotional Activities for Toddlers 21-27 Months Old



<p>Try to have set routines during the day, and let your child know what will be happening next. Say, <i>"Remember, after we brush your hair, we get dressed."</i></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, <i>"You are so helpful. Wow, you did it your-self!"</i></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, <i>"Where will we go today?"</i></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, <i>"You are really happy"</i> or <i>"You seem really mad."</i></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 <i>"The Itsy-Bitsy Spider."</i></p>

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