

## Social-Emotional Activities for Toddlers 18 Months Old



<p>Your toddler likes to have a regular daily routine. Talk to him about what you are doing now and what will be happening next. Give him time to be active and time to be quiet.</p>	<p>Your toddler loves to have a lot of hugs and kisses. Give big hugs, little hugs, loud kisses, and soft kisses. Tell her you love her so much!</p>	<p>Your toddler will enjoy gentle tickling games. Make sure he can let you know when he has had enough. He will like quiet snuggle times, too.</p>	<p>Have a pretend party with stuffed animals or dolls. You can cut out little "presents" from a magazine, make a pretend cake, and sing the birthday song.</p>
<p>Your toddler needs a lot of time to move around and exercise. Go for a walk, visit a playground, or take a trip to a shopping mall.</p>	<p>Your toddler will love to help with daily tasks. Give her simple "jobs" to do and let her know what a big girl she is. She can wipe off a table, put her toys away, or help sweep up.</p>	<p>Play simple games such as Hide and Seek and Chase with your toddler. Have fun and laugh together.</p>	<p>Dance with your toddler. Make a simple instrument out of a large plastic food tub (for a drum) or a small plastic container filled with beans or rice (for a shaker).</p>
<p>Help your child learn about emotions. Make happy faces, sad faces, mad faces, and silly faces in front of a mirror. This is fun!</p>	<p>Let your toddler help during mealtimes by bringing some things to the table or setting a place.</p>	<p>Your child might enjoy having a little place to hide. Use a blanket or sheet to make a tent or secret spot for him to play in.</p>	<p>Your child can help clean up after playtimes. Make it simple by putting things in a big tub or box and help her clean. Clap and praise her for her help.</p>
<p>Make playhouse furniture for your child out of boxes. For a stove, turn a box upside down and draw "burners." Use simple containers for pots, and use wooden spoons or sticks to stir the "soup."</p>	<p>Set up playtimes with other children. Your child doesn't understand how to share yet, so make sure there are plenty of toys. Stay close by and help him learn how to play with other children.</p>	<p>Your toddler is getting big and wants to do things by herself! Let her practice eating with a spoon and drinking with a sippy cup during mealtimes. Be ready for some spilling!</p>	<p>Storytimes, especially before naptime and bedtime, are a great way to settle down before sleep. Let your child choose books to read and help turn pages. Help him name what he sees.</p>

## Social-Emotional Development at 18 Months



- Your toddler is generally happy and smiles at people, including other children.
- Your toddler likes to talk and is using more words every day.
- Your toddler likes to show affection and give hugs and kisses.
- Your toddler is showing different emotions such as fear, sympathy, modesty, guilt, or embarrassment.
- Your toddler likes to do things by himself. He may seem stubborn, but this is normal.
- Your toddler likes to help with simple household tasks.
- Your toddler turns to you for help when she is in trouble.
- Your toddler enjoys playing near other children but not with them yet.
- Your toddler may hand toys to other children, but he does not understand how to share and wants the toys right back.
- Your toddler can play by herself for short periods of time.
- Your toddler has specific likes and dislikes.
- Your toddler likes to say, "No!" He may have a quick temper and sometimes hits when frustrated.
- Your toddler loves to be held and read to and becomes upset when separated from you.
- Your toddler loves to imitate others.
- Your toddler likes to be the center of attention.
- Your toddler recognizes herself in pictures or mirrors.