

Social-Emotional Activities for Toddlers 24 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 yourself!"</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.

Social-Emotional Development at 24 Months



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