

Ways To Support Your Toddler's Social and Emotional Development

☐ Help Toddlers Understand Their Feelings

- **Explore Feelings with Play:** Use puppets to act out scenarios your toddler might encounter, like learning to share or saying goodbye to a babysitter.
- **Get Creative:** Encourage your child to draw or make shapes with playdough to express emotions. You can ask questions about their artwork to deepen the emotional connection.

☐ Build Early Friendships

- **Friend Activities:** Offer activities that don't require sharing like music, sand or water play.
- **"Friend Book" Activity:** Create a "Friend Book" with photos of friends, listing each friend's favorite things. Use it to reinforce early friendships in a fun, visual way.

☐ Support Play and Interests

- **Describe Their Play:** "You're building a tall tower with blocks! That looks fun."
- **Engage in Play Together:** When your child organizes a pretend picnic, join in and help with preparations. This not only builds social skills but helps your child feel valued.

☐ Encourage Problem-Solving and Persistence

- **Help Through Frustration:** Offer gentle guidance to help children work through problems themselves. Praise the effort: "You worked really hard to put that puzzle piece in place!"

☐ Practice Conflict Resolution and Self-Control

- **Discuss Emotions and Actions:** Talk through conflicts in simple terms, e.g., "You pushed because you wanted the toy back, and that made your friend sad."
- **Brainstorm Alternatives:** Help your child come up with ways to handle future situations, like asking for help or using words to express needs.

Things To Try At Home To Support Your Toddler's Social And Emotional Development

☐ Talk About Feelings

- **Name Their Emotions:** When your toddler is frustrated or upset, identify the feeling: "You're feeling really mad right now."
- **Books on Feelings:** Reading stories about feelings can reinforce language for emotions in an accessible, relatable way.

☐ Explain Rules and Limits

- **Explain Requests:** Keep explanations age-appropriate and connect the behavior to positive outcomes. "When you help clean up, we'll have more time for another story."
- **Use Natural Consequences:** Reinforce the impact of their actions in a way they can grasp, e.g., putting away a toy if it's thrown away to help them understand that play has rules.

☐ Celebrate Culture in Everyday Life

- **Cultural Books and Music:** Include music and books from your culture in daily routines, whether during playtime, car rides or bedtime.

