



## 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 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>

\*Be sure to review safety guidelines with your health care provider at each new age level.