



SOCIAL-EMOTIONAL BEHAVIOR DEVELOPMENT IN YOUNG CHILDREN

At 24 months (2 years) . . .

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

SOCIAL-EMOTIONAL ACTIVITIES FOR INFANTS 24 MONTHS OLD (2 YEARS OLD)

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| <p>Try to have clear routines during the day, and let your child know what will be happening next. “Remember, after we brush hair, we get dressed.”</p> | <p>Your child is learning about rules but will need lots and lots 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 bedtimes or naptimes 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: “You are so helpful,” “Wow, you did it yourself!”</p> |
| <p>When your child plays with friends, stay nearby to help them learn about taking turns. It is still early for your child to know how to share, but talking about turns will help her learn.</p> | <p>Give your toddler choices, but keep them simple. While dressing, let him choose a red or a blue shirt. At lunch, let him choose milk or juice.</p> | <p>Provide lots of time to play with other children. Your child will play hard but needs rest times too. Try to learn your child’s rhythms and go with her flow.</p> | <p>Let your child do more things for himself.* Put a stool near the sink so he can wash his hands and brush his teeth. Let him pick out clothes and help dress himself.</p> |
| <p>Get down on the floor and play with your child. Try to follow your child’s lead by playing with toys he wants to play with and trying his ideas.</p> | <p>Encourage your child to pretend play. With plastic cups, plastic containers, and some spoons, you can make some yummy “soup.” Praise your toddler’s cooking.</p> | <p>Everything is new to your toddler. She can find beauty in the little things like some weeds growing on a path or a pigeon 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: “You are really happy,” “You seem really mad.”</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, stay calm and talk in a quiet tone. If possible, ignore her until she calms 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 like “Eensy Weensy Spider” where she can use her fingers.</p> |

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