

# About the ASQ®:SE-2 Social-Emotional Development Guides and Activities



The Social-Emotional Development Guides and Activities coordinate with the ASQ:SE-2 questionnaire intervals: 1–3 months old, 3–9 months old, 9–15 months old, 15–21 months old, 21–27 months old, 27–33 months old, 33–42 months old, 42–54 months old, and 54–72 months old. After a child has been screened with ASQ:SE-2 and program staff have determined that there is no need to refer the child, staff may give the Development Guides and Activities to the family as additional resources.

The Development Guides and Activities may also be shared with families who have been referred to provide some immediate information and ideas. The Development Guides offer parents information about what types of behaviors they may expect from their growing child, whereas the Activities provide ideas or ways to support their young child's social-emotional development.

The ASQ:SE-2 Development Guides and Activities are not an intervention. Rather, these resources can be used in a preventive manner when children do not need further assessment. They are helpful for engaging parents in their child's development, with an overview of milestones to expect from the growing child as well as simple activities to try at home. The materials are not comprehensive, and they may include behaviors or suggestions that are inappropriate for certain cultures. The ASQ:SE-2 Development Guides and Activities may need to be modified to be appropriate for some families (e.g., adapted for cultural relevance, translated, shared verbally with families, illustrated). In addition, parents may need other support and/or information about developmentally appropriate expectations and strategies to feel successful with their young child. Information about the following topics is not included in the Development Guides or Activities and should be made available to families separately to help them support their child's social-emotional development.

- Positive feeding routines (including breast feeding)
- Typical sleeping patterns for different ages
- Toilet training
- Positive guidance
- Safety and childproofing home environments
- Health and nutrition

Please note that the handouts available separately in the **ASQ®:SE-2 Learning Activities & More** book help programs address these topics with families. This resource is available in English and Spanish and provides additional support and offers targeted guidance to parents.

Activities and Development Guides are available in several languages in ASQ® Online and at [agesandstages.com](http://agesandstages.com). Activities are provided in English and Spanish in the **ASQ®:SE-2 User's Guide**, Appendix E, as well as on the CD-ROM that accompanies the ASQ:SE-2 questionnaires (provided in English with ASQ:SE-2 English questionnaires and in Spanish with **ASQ®:SE-2 Spanish**).

## Social-Emotional Development for Babies 1-3 Months Old



- Your baby is really smiling at you and others now.
- Your baby is not crying as much as she was as a newborn.
- Your baby uses different cries to tell you when he is hungry, uncomfortable, or sick.
- Your baby “talks” to you with noises and gurgles.
- Your baby looks at your face and may look in your eyes, but only for a few seconds at first.
- Your baby lets you know she is happy by cooing, smiling, laughing, and gurgling.
- Your baby likes to be with people and is becoming more interactive with you.
- Your baby is learning about eating and sleeping times, but it will take a few months for him to know the routine.
- Your baby likes to be picked up, hugged, and cuddled by people she knows.
- Sometimes your baby will be fussy only because he wants your attention.
- Your baby likes to play with her fingers, hands, feet, and toes.
- Your baby feels safe in your arms and enjoys your hugs.
- Your baby can recognize familiar people by their voices.

## Social-Emotional Development for Babies 3-9 Months Old



- Your baby responds to your smile and sometimes laughs when looking at you.
- Your baby responds to your soothing and comforting and loves to be touched or held close.
- Your baby responds to your affection and may begin to show you signs of affection.
- Your baby's vision is improving, and she is getting more curious about what she sees. She enjoys watching other babies and children.
- Your baby focuses on your voice and turns his head toward your voice. He may turn to you when you call his name.
- Your baby may be frightened by loud or unfamiliar noises.
- Your baby sometimes likes quiet and being soothed. Other times, she likes talking and playing.
- Your baby enjoys learning simple games such as Peekaboo.
- Your baby will sometimes stop crying when you talk to him rather than pick him up.
- Your baby sometimes sucks on her fingers or hands to calm herself down.
- Your baby plays with sounds and may babble by putting sounds together such as "ma-ma-ma," "ba-ba," and "da-da-da."
- A lot of the time, your baby wants you and no one else!

## Social-Emotional Development for Babies 9-15 Months Old



- Your baby responds to her name when you call her.
- Your baby is interested in other babies and children.
- Your baby shows many emotions, such as happiness, sadness, discomfort, and anger.
- Your baby may be shy around new people or seem jealous if you pay attention to someone else. He may need some time to watch and warm up to new people and new places.
- Your baby may have fears, such as fear of falling, darkness, large animals, loud sounds, or changes in routines.
- Your baby responds differently to strangers than she does to family members and friends she sees a lot.
- Your baby wants you in his sight all the time. He may get upset when you leave him with someone else.
- Your baby imitates other children and adults. She may imitate sounds, actions, and facial expressions.
- Your baby gives affection by hugging and kissing. He may hug or kiss you, familiar children and adults, pets, or stuffed animals.
- Your baby watches other people. She may respond to someone's pain by crying or showing distress.
- Your baby is beginning to show his likes and dislikes. He may push things away that he does not like. He may feel attached to a special toy or blanket.
- Your baby is becoming more independent. She may seem stubborn or frustrated when she cannot do something herself.

## Social-Emotional Development for Toddlers 15-21 Months Old



- 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.

- 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.

## Social-Emotional Development for Young Children 27-33 Months Old



- Your child likes using her growing imagination. She likes to play with puppets, dress-up clothes, dolls, and play figures.
- Your child is beginning to understand others' feelings. He is learning to identify when another child is angry or happy.
- Your child is beginning to learn about sharing. She does not always share but can sometimes.
- Your child is getting louder and bossier at times. He may talk with a loud, urgent voice.
- Your child can follow simple routine directions such as "Bring me your cup" and "Please go in your room and get your socks."
- Your child enjoys hearing songs and stories—sometimes over and over again.
- Your child wants to be independent sometimes but also wants you nearby. She will now easily leave your side if she is in familiar surroundings.
- Your child can identify if he thinks he is a boy or a girl.
- Your child greets familiar adults and is happy to see friends.
- Your child sometimes screams and throws temper tantrums.
- Your child likes to be hugged and cuddled—but not in the middle of playtime.

- Your child is more independent and can do many things for herself. Your child will tell you, “I can do it myself!”
- Your child is still learning to follow simple rules, although he sometimes needs gentle reminders.
- Your child now plays briefly *with* other children. She is still learning about sharing and taking turns.
- Your child likely has a special friend that he prefers playing with. Boys may prefer playing with boys, and girls with girls.
- Your child is becoming more independent. When you go on outings, she will not always hold your hand or stay by your side.
- Your child’s emotions may shift suddenly, from happy to sad or from mad to silly. He’s learning how to handle his emotions.
- Your child can sometimes use words to express her feelings.
- Your child is beginning to think about other people’s feelings and is learning to identify their feelings, too.
- Your child uses imagination to create stories through pretend play with dolls, toy telephones, and action figures.
- Your child sometimes bosses people around and makes demands. This shows that he is independent and values himself. He might do something that he is asked to do, but he is more willing if he thinks it is his idea.
- Your child may be fearful and sometimes has nightmares. Scary images and sounds, even cartoons, can give her nightmares.
- Your child’s attention span is increasing. She often stays with an activity for at least 5 minutes.



- Your child likes to play with other children and has favorite games and playmates.
- Your child is beginning to share. He takes turns but is possessive of favorite toys.
- Your child expresses extreme emotions at times—happiness, sadness, anger, silliness. She may be able to label her own feelings.
- When your child plays, he often uses real-life situations, such as going to the store, school, and gas station.
- Your child may have imaginary friends when playing games, sleeping at night, and going to preschool.
- Your child now understands short and simple rules at home.
- Your child is starting to understand danger. She knows when to stay away from dangerous things.
- Your child loves silly jokes and has a sense of humor.
- Your child is beginning to control his feelings of frustration.
- Your child may use her imagination a lot, and she can be very creative.
- Your child is becoming more independent and adventurous. He may like to try new things.
- With her new independence, your child can be boastful and bossy at times.
- Your child shows concern and sympathy for younger siblings and playmates when they are hurt or upset. His ability to empathize—to put himself in someone else's shoes—is increasing.
- Your child's attention span is increasing. She often stays with an activity for at least 10 minutes.

- Your child likes to play best with one or two other children at a time.
- Your child likes to choose his own friends and may have a best friend.
- Your child now plays simple games such as Candy Land and Go Fish.
- Your child may play with small groups of children at the park or at school.
- Your child understands and can follow simple rules at home and at school.
- Your child shows a variety of emotions. She may be jealous of other children at times, especially of a younger brother or sister who is getting attention.
- Your child is now very independent and likes to make his own choices about clothes to wear, foods to eat, and activities in which to be involved.
- Your child is sensitive to other children's feelings. She can identify other people's feelings: "She's sad."
- Your child likes to talk with familiar adults and children.
- Your child understands how to take turns and share at home and at school, but he may not want to all of the time.
- Your child is beginning to understand the meaning of right and wrong. She does not always do what is right, though.
- Adult approval is very important to your child. Your child looks to adults for attention and praise.
- Your child is showing some self-control in group situations and can wait for his turn or stand in a line.
- Your child is usually able to respond to requests such as "Use your quiet voice" or "Inside is for walking."
- Your child's attention span is increasing. She is able to focus her attention for a necessary length of time, such as listening to directions or a story.

## Social-Emotional Activities for Babies 1-3 Months Old



Sing songs you remember from childhood to your baby. Hold your baby close in your arms or in a baby carrier. Gently dance with your baby.	With your baby on her back, take a tissue and wave it above your baby for her to see. Tissues also can fly, float, and tickle parts of your baby's body. See how your baby responds. If she fusses, then stop playing.	Let your baby hear new, gentle sounds. Quiet musical toys or soft bells will be interesting to him. Ask, <i>"Did you hear those bells? Do you like how they sound?"</i>	Your face, smile, voice, and touch are the most important things for your baby right now. You do not need fancy toys. She wants to play and get to know you!
If your baby cries, find out what he needs. He is letting you know something with his cry. When you respond, he learns to trust you are there for him. You cannot spoil your baby at this age.	Hold your baby and put your face close to hers. Make silly faces. Smile at your baby. Stick out your tongue. Yawn. Wait a few seconds and see if she tries to repeat your actions back to you.	Step back from your baby so he cannot see you. Gently call his name. Watch what he does. Does he stop moving for a moment? Does he try to move his head toward your voice? Pick him up. Say, <i>"Here I am."</i>	Let your baby lie on a blanket on the floor and get down on the floor with her. See the world from her point of view. Talk to her about what she is seeing. Say, <i>"There is the light."</i>
Make life interesting for your baby. Go for a walk. Introduce new sounds and places to him from the safety of your arms.	Talk to your baby about what she is doing, seeing, hearing, and feeling. Say, <i>"I am changing your diaper. You will like being nice and dry. I love you!"</i>	You can begin to play simple games with your baby such as Peekaboo. Put a cloth over your head and peek out. Say, <i>"There you are!"</i>	Introduce new, safe* objects for your baby to explore. Simple objects such as plastic cups and big wooden spoons are all new to him.
Place interesting things close to her bed for her to look at. Hang objects or toys out of reach. Tape simple pictures from magazines on the wall.	It is never too early to start reading books with your baby. Choose simple board books at first and talk about the pictures she sees. Cuddle up close.	Learn your baby's special language. He will "talk" to you with sounds and gestures and let you know when he is happy, uncomfortable, hungry, or lonely.	Give your baby a little massage after a bath or diaper change. Rub her tummy very gently. Talk to her. Say, <i>"Rub-a-dub, I'm rubbing your tummy. Do you like how that feels?"</i>

\*Be sure to review safety guidelines with your health care provider.

## Social-Emotional Activities for Babies 3-9 Months Old



Learn your baby's special rhythms, and try to settle into a regular routine for eating, sleeping, and diapering. Talk to your baby about his routines. This will help your baby feel secure and content.	Your baby likes to hear new sounds. Bells, whistles, and barking dogs are all new and interesting. Talk to your baby about what she is hearing.	Get down on the floor with your baby and play with him on his level. Look at toys, books, or objects together. Have fun, laugh, and enjoy your time together.	When your baby cries, respond to her. Whisper in her ear to quiet her. Hold her close and make soft sounds. This will help her know that you are always there and that you love her.
Play Peekaboo and Pat-a-cake with your baby. Be playful, have fun, and laugh with your baby. He will respond with smiles and laughs.	Read to your baby. Snuggle up close, point to pictures, and talk about what you are seeing. Your baby will begin to choose favorite books as she gets a bit older.	Bring your baby to new places to see new things. Go on a walk to a park or in the mall, or just bring him shopping. He will love to see new things while you keep him safe.	Place your baby in new areas or in new positions when you are at home. The world looks very different from a new spot!
Let your baby begin to feed herself bits of food and use a spoon and a cup. She will begin to enjoy doing things herself.	Use your baby's name when you dress, feed, and diaper him. Say, <i>"Here is Dusty's finger. Here is Dusty's foot."</i>	Provide new, safe objects for your baby to explore.* Everything is interesting to her. Large wooden spoons and a soft baby brush are new things to learn about.	"Talk" with your baby. When your baby makes a sound, imitate the sound back to him. Go back and forth as long as possible.
Sing songs to your baby and tell her nursery rhymes. Make up songs about your baby using her name. This will make her feel special and loved.	Bath time* is a wonderful time to have fun and be close with your baby. Sponges, plastic cups, and washcloths make simple, inexpensive tub toys.	Enjoy music with your baby. Pick him up, bounce him gently, and twirl with him in your arms. Dance to new and different types of music.	Visit a friend who has a baby or young child. Stay close to your baby and let her know that these new people are okay. It takes a little time to warm up.

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## Social-Emotional Activities for Babies 9-15 Months Old



Keep a home routine for eating, sleeping, diapering, and playtime. Talk to your baby about routines and what will be next. This will help her feel secure.	Let your baby know every day how much you love him and how special he is—when he wakes up in the morning and when he goes to sleep at night.	Play on the floor with your baby every day. Crawl around with her, or just get down and play on her level. She will really enjoy having you to herself.	Play simple games with your baby, such as Pat-a-cake, Peekaboo, and Hide and Seek, or chase each other. Laugh and have fun together!
Your baby can “help” you while you are making dinner. Have a drawer or cupboard that is full of safe kitchen items, such as measuring cups and big spoons, that he can empty.	Play gentle tickle games with your baby, but make sure to stop when she lets you know she has had enough. Watch her carefully and you will know.	Dance to music with your baby. Hold his hands while he bends up and down. Clap and praise him when he “dances” by himself.	Play name games with your baby, such as “Where is Rita?”
Go on a walk to a park or a place where children play. Let your baby watch them and visit a little if he is ready.	Play with child-safe mirrors* with your baby. Make silly expressions and talk to your baby about what she is seeing in the reflection.	Twirl your baby around. He will enjoy a little rough-and-tumble play, but make sure you stop when he has had enough.	Read together with your baby. Before naptime and bedtime are great times to read together. Let your baby choose the book and snuggle up!
Let your baby have as many choices as possible about foods, clothing, toys, and events. She will enjoy making choices.	Invite a friend over who has a baby or young child. Make sure you have enough toys for both children. It is a little early for them to know about sharing.	Sit on the floor with your baby and roll a ball back and forth. Clap your hands when your baby pushes the ball or “catches” the ball with his hands.	When you are dressing or diapering your baby, talk about her body parts and show her your body parts. Say, “Here is Daddy’s nose. Here is Destiny’s nose.”

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## Social-Emotional Activities for Toddlers 15-21 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 Activities for Toddlers 21-27 Months Old



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>	Your child is learning about rules but will need a lot of reminders. Keep rules short and simple, and be consistent.	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.	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>
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.	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.	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.	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.
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.	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>	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.	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>
Play Parade or Follow the Leader with your toddler. Your child will love to copy you—and be the leader!	If your child has a temper tantrum, then stay calm and talk in a quiet tone. If possible, let her calm down by herself.	Don't forget to tell your child how much you love him! Give him hugs and kisses and soft touches to let him know.	Teach your child simple songs and finger plays, such as "The Itsy-Bitsy Spider."

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## Social-Emotional Activities for Young Children 27-33 Months Old



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 or staple the pages together.	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.	Show your child family photos. Talk about the people in the pictures and who they are. Say, <i>"That is your Uncle Ling."</i> Can your child tell you who the people are?	Tell your child a favorite nursery rhyme, and ask her how the characters in the story felt.
Give your child directions that have two steps. Say, <i>"Put all of the LEGOs in the box, and then put the box in the closet."</i> Let him know what a big help he is!	Let your child help when you are cooking and cleaning.* She can do things such as helping to stir, putting flour in a cup, or putting away spoons and forks in the drawer.	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.	Encourage creative play, such as drawing with crayons, painting, and playing with playdough. Playing with chalk on the sidewalk is fun.
Let your child do more things for himself. He can put on his shoes and coat when you go out. Make sure you give him plenty of time to work on these new skills. Say, <i>"What a big boy!"</i>	Draw and cut out faces that show different feelings, such as angry, frustrated, and happy. Encourage your child to use the faces to tell you how she is feeling.	Tell your child every day how much you love him. Give him little kisses on his nose, ears, and fingers. Say, <i>"I love your nose! I love your ear! I love your finger. I love you!"</i>	Have a special reading time every day. Snuggle up and get close. Look in the library for books about children with big feelings. Ask, <i>"What do you do when you get mad?"</i>
Play with your child and help her learn how to share. Show her how to share and praise her when he shares with you. This is a new thing for her, so do not expect too much at this age.	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 names of friends and teachers.	Sing songs and dance with your child. Play different types of music from the radio. Make simple instruments from boxes, oatmeal canisters, or yogurt tubs.	Invite a friend with a child over for a playdate. Keep it short, such as 1 or 2 hours. Have some playtime with enough toys for two, snack time, and some outdoor play. Say, <i>"That was fun! See you next time."</i>

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## Social-Emotional Activities for Young Children 33-42 Months Old



Tell your child a simple story about something she did that was funny or interesting. See if your child can tell a different story about herself.	Encourage your child to identify and label his emotions and those of other children or adults.	Provide opportunities for your child to play with other children in your neighborhood or at a park.	Many children this age have imaginary friends. Let your child talk and play with these pretend playmates.
At dinner time, let family members talk about their day. Help your child tell about her day. Say, <i>"Latoya and I went to the park today. Latoya, tell your sister what you did at the park."</i>	Give your child directions that have at least two steps when you and he are cooking, dressing, or cleaning. Say, <i>"Put that pan in the sink, and then pick up the red spoon."</i>	Write a letter together to grandparents, a pen pal, or a friend. See if your child can tell you what to write about herself to include in the letter.	Play games with your child that involve taking turns, such as Follow the Leader and Hopscotch.
Create a pretend argument between stuffed animals or dolls. Talk with your child about what happened, feelings, and how best to work out problems when they come up.	Have a special reading time each day. Snuggle up and get close. Slowly increase the length of the stories so your child can sit and listen a little longer.	Let your child know every day that you love him and how great he is. Give him a "high five," a big smile, a pat on the back, or a hug. Tell him he is super, cool, sweet, and fun.	Tell your child a favorite story, such as the <i>Three Little Pigs</i> or <i>Goldilocks and the Three Bears</i> . See if your child can tell you how the animals felt in the story.
Draw simple pictures of faces that show happy, sad, excited, or silly expressions. Cut them out and glue them on a Popsicle stick or pencil. Let your child act out the different feelings with the puppets.	Get down on the floor and play with your child. Try to follow your child's lead by playing with toys she wants to play with and trying her ideas.	Play games that involve following simple rules, such as Mother May I and Red Light, Green Light.	Tell silly jokes with your child. Simple "What am I?" riddles are also fun. Have a good time and laugh with your child.

## Social-Emotional Activities for Young Children 42-54 Months Old



Introduce a new feeling each day, such as <i>bored</i> . Use pictures, gestures, and words. Encourage your child to use a variety of words to describe how he feels.	Encourage activities that involve sharing, such as building with blocks, coloring with crayons, and playing dress up. Teach your child how to ask a friend for a turn. Give your child a lot of time to play with other children.	Provide opportunities for your child to be creative. Empty containers, glue, newspapers, rubber bands, and magazines can be used to make new inventions.	Take your child to the store, a restaurant, or the library. Explore new places. Talk with her about how people are alike and how they are different.
When doing housework or yard work, allow your child to do a small part on his own. Let him empty the wastebasket or clean crumbs off the table.	Talk with your child about possible dangers in your home, such as electrical outlets and stovetops. Talk about outdoor dangers, too, such as crossing the street or talking with strangers.*	Encourage your child's independence. Let her fix something to eat, such as a peanut butter and jelly sandwich. At bedtime, let her choose her clothes to wear the next day.	Use stuffed animals to act out an argument. Talk first about how the different animals are feeling. Then, talk about different ways to come to an agreement.
Tell a favorite nursery rhyme or story. Talk about what is make-believe and what is real.	Make puppets out of Popsicle sticks by gluing on paper faces, adding yarn for hair, and so forth. Put on a show about two children who meet and become friends.	Find a children's book at your library about anger. Talk to your child about how his body feels when he gets angry. Then, discuss what your child can do when he is angry.	Take your child to the library for story hour. She can learn about sitting in a group and listening to stories.
Your child is learning more about rules but will still need reminders. Talk about your family rules. Keep rules short and simple, and be consistent.	Have simple props such as old clothes, boxes, and folding chairs for playing store, fire station, or school.	Remember at least once a day to hug and cuddle and to praise your child for new skills. Praise independence, creativity, expressing emotions, and sharing toys.	Try to have clear routines during the day. Let your child know what will happen next. Have a reading time and quiet time each day.

\*Be sure to review safety guidelines with your health care provider.

## Social-Emotional Activities for Young Children 54-72 Months Old



Tell simple jokes and riddles. Your child will love it when you laugh at her jokes—the sillier, the better.	Gather old shirts, hats, and other clothes from friends or a thrift store. Encourage dramatic play—acting out stories, songs, and scenes from the neighborhood.	Encourage your child to make choices as often as possible. Ask, “Do you want to go to the park or play at home?” He will like having some control over what he does.	Most of the time, your child will feel good about doing small jobs around the house. Give her a lot of praise when she does a good job, and tell her what a big help she is.
Your child may need some help when he argues or disagrees with a friend or sibling. Remind him to express his feelings with words and that he can come to you for help.	Make sure your child has plenty of rest and quiet and alone time when she needs it.	When your child has friends over, encourage them to play games that require working together. Try building a tent out of old blankets, playing catch, or acting out stories.	Tell your child a favorite nursery rhyme that involves the idea of “right” and “wrong.” Discuss what kinds of choices the characters made in the story.
Let your child know how special he is. Give him a lot of love, praise, and hugs every day.	Show your child pictures in magazines of people from different cultures. Talk about things that are the same or different between your family and other families.	Ask your child her birthday, telephone number, and first and last name. Practice what she would do if she was separated from you at the store.	Play games with your child such as Go Fish, Checkers, or Candy Land. Board games or card games that have three or more rules are great.
Have a special time for reading each day. Talk about what happens in the story. Ask your child questions. Listen to his answers. He has a lot to share.	Talk about real dangers (fire, guns, cars) and make-believe dangers (monsters under the bed) using hand-drawn pictures or pictures cut out from a magazine.	Build a store, house, puppet stage, or fire truck out of old boxes. Your child can invite a friend over to play store or house, have a puppet show, or be firefighters.	Encourage your child to talk about the different rules at home and at school. Talk about why there are rules.