

Social-Emotional Development at 36 Months



- 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.

Social-Emotional Activities for Young Children 36 Months Old



<p>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.</p>	<p>Encourage your child to identify and label his emotions and those of other children or adults.</p>	<p>Provide opportunities for your child to play with other children in your neighborhood or at a park.</p>	<p>Many children this age have imaginary friends. Let your child talk and play with these pretend playmates.</p>
<p>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></p>	<p>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></p>	<p>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.</p>	<p>Play games with your child that involve taking turns, such as Follow the Leader and Hopscotch.</p>
<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>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.</p>
<p>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.</p>	<p>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.</p>	<p>Play games that involve following simple rules, such as Mother May I and Red Light, Green Light.</p>	<p>Tell silly jokes with your child. Simple "What am I?" riddles are also fun. Have a good time and laugh with your child.</p>