

The ability to calm is one of the most important skills your child is learning now. They learn how to handle strong emotions with your help, through your example and your calm response.

Things to Try

Play with your child close together, on the floor or at their level. Try to follow your child's lead by playing with toys they want to play with and trying their ideas. Let them show or tell you what to do.

**36
months**

Pretend play with puppets or pretending to be a super-hero, a fairy or a cat can be a fun way to explore different feelings. Make simple puppets from a sock or paper bag and draw eyes and mouth with markers. Take puppets on imaginary adventures and talk about what they see and feel.



At bedtime, talk about the day and what will happen tomorrow. You can ask, "what was the best part?" or "how did you feel?" Listen carefully so they feel heard and important to you.

What to Expect

Following simple rules is getting better but they still need gentle reminders.

They are beginning to stay with activities they enjoy for 5 minutes, but too much screen time can lead to sleep, eating or attention problems.

They may have nightmares, fears of the dark or fears of being alone. You help them talk about their fears and let them know you'll keep them safe.