

Your child is developing an understanding of who they are and how they feel about themselves. You are the biggest influence on how your child feels. You let them know how kind, funny, and helpful they are. They learn that mistakes are part of learning and you will always love them.

Things to Try

Use pictures, gestures and words to introduce a new feeling each day. Help your child use a variety of words or ways to describe how they feel.

Help your child practice sharing – with you, friends or family through the day. Teach your child how to ask for a turn during activities such as playing with blocks, playing dress-up, using different toys. Be sure to make mistakes ok, focus on feelings – how does it feel to get a turn and give a turn?

When you take your child out for a walk, or go to the store, restaurant or library, talk with them about how people are alike and how they are different.



What to Expect

Your child is learning more about rules but will still need reminders. Keeping rules short and simple and being consistent will help them feel confident.

Your child can now stay with activities they enjoy for a longer time, at least 10 minutes. They want to try new things and play with friends. Pretend play and creative play is especially interesting.

Your child may express extreme emotions at times – happiness, sadness, anger, silliness. They may be able to use words to talk about their feelings. You help your child with offering positive choices and showing understanding.