

How you talk and play with your child affects how their brain develops. Your positive, loving interactions build healthy social-emotional growth. This is the most important foundation your child needs to be ready for school and the wider world.

Things to Try

Talk to your child about their strengths and what you enjoy about them. “Wow, you run so fast it’s amazing.” “I love it when you tell funny jokes.” Help your child feel good about themselves.

When your child has friends over, encourage them to play games where they work together. Try building a tent out of blankets or sheets, playing catch, or acting out stories.

Ask your child their birthday, telephone number, and first and last name. Practice what they would do if they were separated from you at the store.



What to Expect

Friends are important to your child now. Your child has learned to share and take turns. They can play with a friend for a longer time without conflicts. You help them listen to their friends and say they are sorry if feelings get hurt.

Your child has fewer meltdowns. They may often be able to talk about their feelings – but there are still times that are hard! You can help by showing ways to calm such as deep breathing, taking a break, or doing a different activity.

Your child develops healthy relationships by interacting with people. You help them gain skills, confidence and pride in themselves by keeping them connected with real-life activities and keeping screen time limited.