

Social Development & Emotional Development

8 TO 21 MONTHS



Set steady routines for sleeping and eating.

Model manners, compassion, and empathy for others.

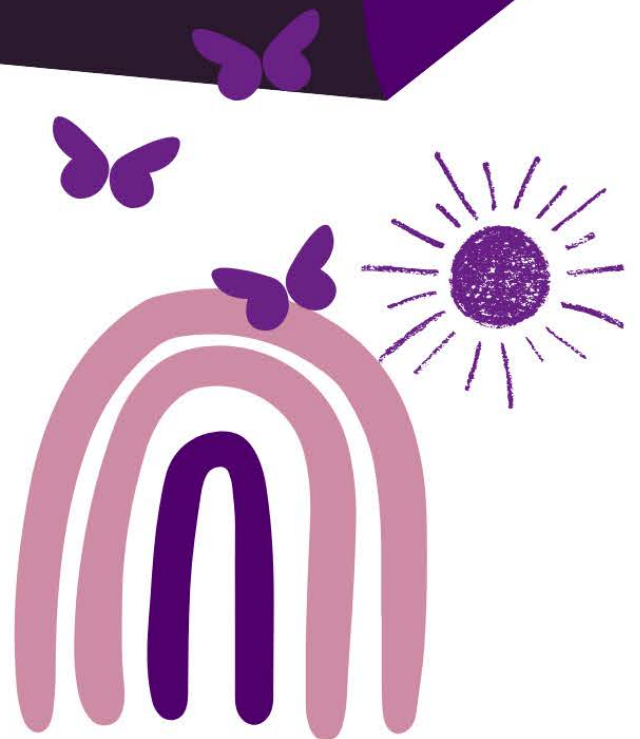
Read books that show expressions and emotions.

Encourage toddlers to express a variety of emotions by labeling the emotion to them. "I see you are mad because you are crying."

Play dress up and have mirrors labelling actions and objects.

Teach simple body parts such as nose, mouth, eyes, ears, hands, feet. This gives them a sense of self and a sense of their own bodies.

Sing action songs or fingerplays such as Itsy-Bitsy Spider or Pat-a Cake.



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Play with family-routine toys such as dolls or household actions such as chores. Playing or doing creates a connection as well as a sense of belonging to the family.

Play turn-taking games such as rolling a ball back and forth and repeating “My turn.” now “Your turn.”

Respond positively any time your toddler accomplishes something.

Let your toddler help with preparing a meal. Simple actions like stirring, pouring, or setting a table can give toddlers the confidence to “help” and the urge to “help” again. Infants and younger toddlers can also be given an empty bowl and spoon to imitate actions of cooking.

