

Social Development & Emotional Development

33 to 48 months



Continue to talk frequently about rules, limits, and choices.

Allow for choices between two objects or actions. For example, you could ask "Do you want Option A or Option B?" Your child might want Option C, which you don't want them to have. Following through with choices allows for consistency and limits for your child. Eventually this will become the norm and will teach your child about solving problems, rules, and trusting adult to keep them safe.

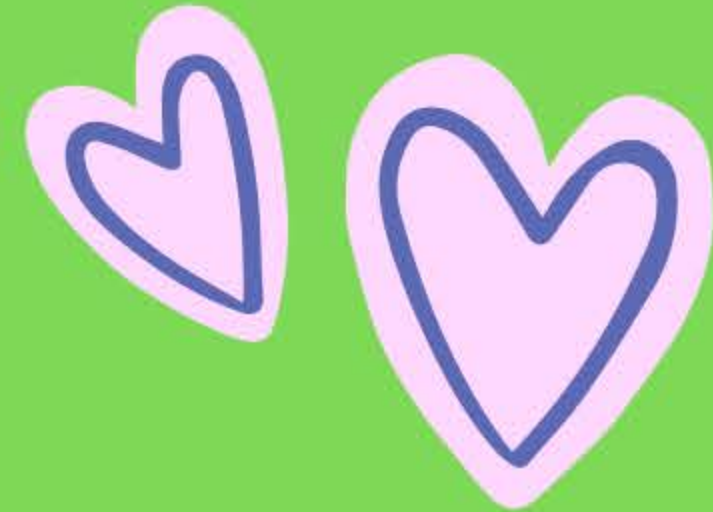
Read books about friends, families, and people/places around the world.

Make a photo book with pictures of family members, pets, favorite spaces, etc. Children at this age love to see pictures of themselves.

Talk about ways to work through emotions. Encourage your child to use techniques that help them calm down.

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Have a play date with a friend or family members around the same age as your child.

Play games or participate in things that require turn-taking.

Model manners, compassion, and empathy for others and encourage your child to do the same.

Ask your child to describe their likes and dislikes.

Talk about similarities and difference of others.

Play dress up with clothes, accessories, household items, and allow for them to add other items to "pretend play."

Encourage positive behavior in settings with peers such as waiting for a turn, moving from one activity to another smoothly, or working through conflicts effectively.