



# **SOCIAL DEVELOPMENT AND EMOTIONAL DEVELOPMENT**

## **18 TO 36 MONTHS**

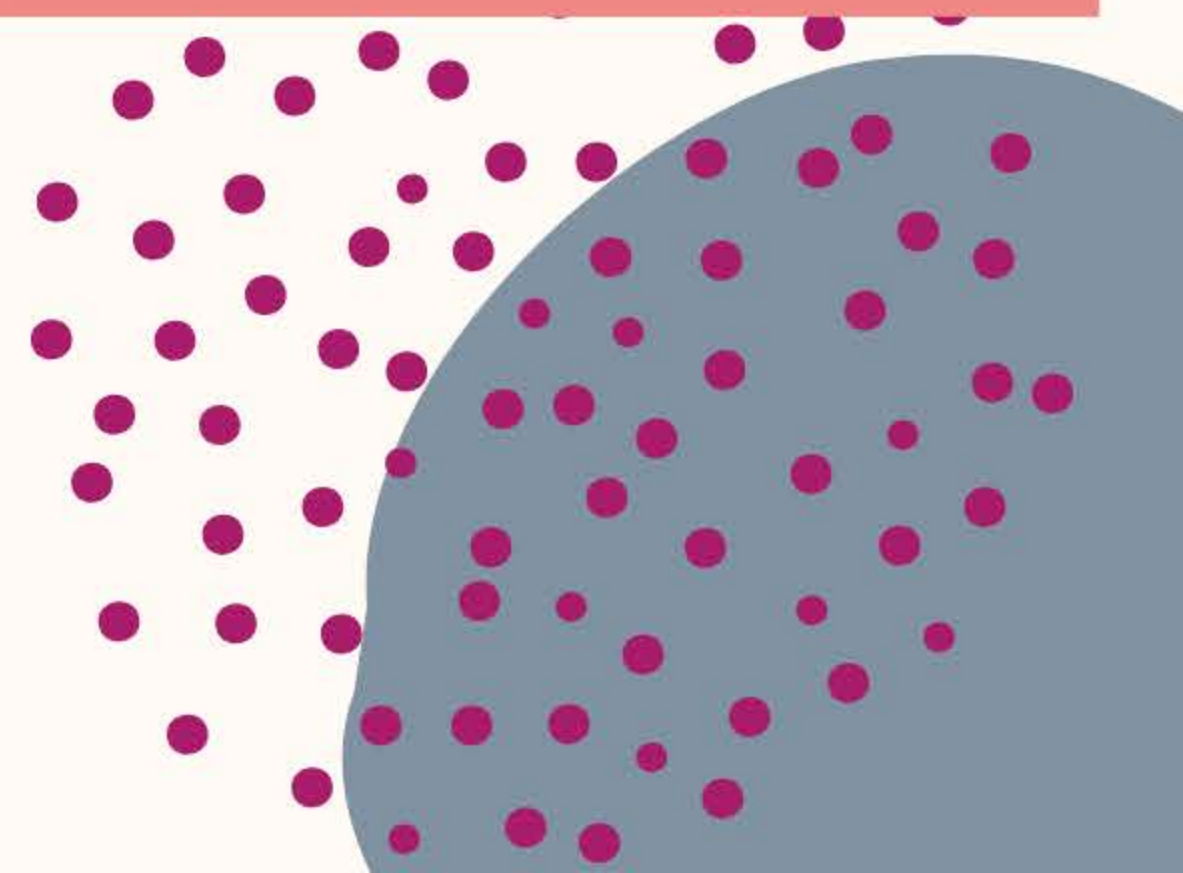
**Talk frequently about rules, limits, and choices.**

**Provide times or experiences to practice independence. Let them pick out their clothes, go potty on their own, or set the table, etc. The more you allow for independence, the more confidence and trust your child will gain.**

**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 adults to keep them safe.**

**Encourage and allow time to learn and figure something out: getting dressed, zipping, or buttoning.**

**Respond positively any time your child accomplishes something.**







# **SOCIAL DEVELOPMENT AND EMOTIONAL DEVELOPMENT**

## **18 TO 36 MONTHS**

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

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

**Model manners, compassion, and empathy for others. Use a mirror to label emotions and facial expressions related to an emotion: “Show me a mad face” or “You are making a scared face.”**

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

**Talk about ways to work through each emotion: “If you are mad, should you hit your brother? What could you do instead?” Allow for thinking through other options and encourage a redirection approach.**

