



## SOCIAL-EMOTIONAL BEHAVIOR DEVELOPMENT IN YOUNG CHILDREN

### **At 18 months . . .**

- Your toddler is generally happy and smiles at people, including other children.
- Your toddler likes to talk and is using more words every day.
- Your toddler likes to show affection and give hugs and kisses.
- Your toddler may be showing different emotions such as fear, sympathy, modesty, guilt, or embarrassment.
- Your toddler likes to do things by himself. He may seem stubborn, but this is normal.
- Your toddler likes to help out with simple household tasks.
- Your toddler turns to you for help when she is in trouble.
- He enjoys playing near other children, but not with them yet.
- She may hand objects to other children, but she doesn't understand how to share and wants the toys right back.
- Your toddler can play by himself for short periods of time.
- Your toddler has specific likes and dislikes.
- Your toddler likes to say "No!" She may have a quick temper and sometimes hits when frustrated.
- Your toddler loves to be held and read to and becomes upset when separated from you.
- Your toddler loves to imitate others.
- Your toddler likes to be the center of attention.
- Your toddler recognizes himself in mirror or pictures.

## SOCIAL-EMOTIONAL ACTIVITIES FOR INFANTS 18 MONTHS OLD

<p>Your toddler likes to have a consistent daily routine. Talk to him about what you are doing now and what will be happening next. Give him time to be active and time to be quiet.</p>	<p>Your toddler loves to have lots of hugs and kisses. Give big hugs, little hugs, loud kisses, soft kisses. Tell him you love him soooo much!</p>	<p>Your toddler will enjoy gentle roughhousing and tickling games. Make sure he can let you know when he has had enough. He will like quiet snuggle-up times, too.</p>	<p>Have a pretend party with stuffed animals or dolls. You can cut out little “presents” from a magazine, make a pretend “cake,” and sing the birthday song.</p>
<p>Your toddler needs a lot of time to move around and exercise.* Go for a walk to the park, visit a playground, or make a trip to a shopping mall.</p>	<p>Your toddler will love to help out with daily tasks. Give him simple “jobs” to do and let him know what a big boy he is. He can wipe off a table, put his toys away, or help sweep up.</p>	<p>Play simple games such as Hide and Seek and Chase with your toddler. Have fun and laugh together.</p>	<p>Dance with your toddler. Make a simple instrument out of a large plastic food tub (for a drum) or a small plastic container filled with beans or rice (for a shaker).</p>
<p>Help your child learn about emotions. In front of a mirror make happy faces, sad faces, mad faces, and silly faces. This is fun!</p>	<p>Let your toddler help out during mealtimes by bringing some things to the table or setting a place.</p>	<p>Your child might enjoy having a little place to hide. Use a blanket or sheet to make a tent or secret spot for her to play in.</p>	<p>Your child can help clean up after playtimes. Make it simple by putting things in a big tub or box and help him clean. Clap and praise him for his help.</p>
<p>Make playhouse furniture for your child out of boxes. For a stove, turn a box upside down and draw “burners.” Some plastic containers make safe pots, and wooden spoons stir the soup.</p>	<p>Set up playtimes with other children. Your child doesn’t understand how to share yet, so make sure there are plenty of toys. Stay close by and help her learn how to play with other children.</p>	<p>Your toddler is getting big and wants to do things by himself! Let him practice eating with a spoon and drinking with a tippy cup during mealtimes. Get ready for some spilling!</p>	<p>Story times, especially before naptime and bedtime, are a great way to settle down before sleep. Let your child choose books to read and help turn pages, and help her name what she sees.</p>

\*Be sure to review safety guidelines with your health care provider at each new age level.