



## Five things to do with under twos: personal, social and emotional development

Start to offer your toddler manageable choices between two things such as 'would you like your red t-shirt or the one with stripes?'

Create photo albums and books to celebrate special people, pets and events in your toddler's life and talk about these regularly.

Spend time alone with your toddler, singing familiar songs, sharing familiar stories and simply having fun.

Use puppets, stories and music to help toddlers start to understand emotions such as feeling sad, happy or angry.

If you haven't already done so, start to take your toddler to group sessions where they can be in the company of other children, such as those offered by The Maple Tree. Keep the times short initially and recognise that your toddler may simply want to watch others playing (often from the security of your knee) or may play quite happily on their own alongside other children. This is perfectly normal behaviour for young children.

