



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

Encourage independence in daily routines such as hand washing, helping to set the table, sorting washing, putting away toys.

Offer your child choices about food, activities, books, songs and value what they choose, including where they choose to have the same item, activity or routine over and over again.

Your child may display very strong emotions such as anger or frustration – try to stay calm and offer support and reassurance using favourite stories and music to calm your child. If your child is prone to tantrums try making a calming corner or other space for your child to retreat to. This can have a favourite rug or blanket, favourite soft toys and access to calming music.

Make sensory bottles by filling clear plastic bottles with water and water beads; or filling bottles with a half/half mix of water and clear glue plus small light items that will move in the liquid when the bottles are tipped such as small stars, shiny shapes like sequins. Glue the tops on so your child can't undo them.

Continue to offer your child opportunities to be social with other children and adults, such as trips to the library, stay, learn and play sessions, swimming or dance classes.

