**Helping your child’s Social and Emotional Development**

By the age of 3-4 years, your child will be developing independence, wanting to explore their world although they may be hesitant about new experiences!



Provide lots of opportunities for your child to:

• try new activities

• eat different foods

• visit new places

Help develop their play by playing together – always follow your child’s lead!

Demonstrate and encourage turn-taking

Provide opportunities for ‘real life’ play e.g. cooking, dressing up, shopping, building etc.

Encourage imaginative play.

Remember, some children at this stage have difficulty separating real life and fantasy – e.g. worrying that there is a monster under the bed! Help your child to feel secure and happy during and after imaginative play, or story-reading.

(Ensure your child is not accessing anything on T.V., computer or tablet that is inappropriate for 3-4 year olds.)

Your child will be beginning to be aware of and show a variety of emotions, but may not yet be able to control them! Introduce words to describe different emotions e.g. sad, happy, angry, frightened, excited, relaxed etc. Choose stories that explore different emotions too.

3-4 year olds are developing their sense of humour. They will find many things funny and may laugh or giggle a lot! Share your child’s sense of fun and enjoy a giggle together!

Your 3-4 year old will be beginning to show affection for familiar family and friends, and will be learning to show concern and comfort others.

Help develop this by drawing attention to when others are upset and how your child can help, e.g. sharing toys, asking someone to join in a game, making a space for someone to play.

Demonstrate how to solve disagreements calmly and encourage your child to do the same.