

Carries out tasks and moves between activities, even when challenging, with minimal distress.

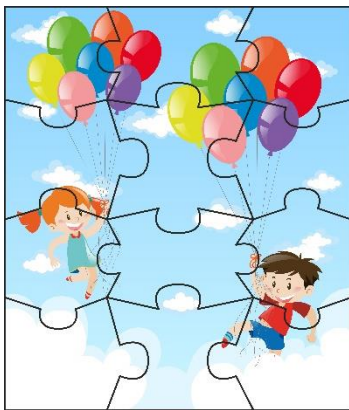
Activity: When preparing to move to a new activity, tell your toddler 10 minutes in advance, then remind them with a count down, five minutes, two minutes etc. For some children, more concrete countdowns like “you can go down the slide 3 more times, then we’re leaving the park” may work. Do this throughout the day as you move through your routines.

Why: Letting children know a transition is coming helps them prepare to end a task they are enjoying and move on to the next.



Activity: Lay out your toddler’s clothes on the bed before dressing. Ask her if anything is missing, maybe you forgot socks! Ask her to name each item as you help her dress. Talk about each piece of clothing, the colors, why she’s wearing short (or long) sleeves today etc.

Why: This is an easy way to learn the names of common items and build vocabulary.



Activity: Start introducing puzzles with large pieces or 3-D puzzles where your toddler fits blocks into holes or keys into locks.

Why: Puzzles help develop fine-motor and problem-solving skills.