

# UNDERSTANDING YOUR TODDLER'S EMOTIONAL WORLD THROUGH PLAY

## Age 1-2 Years Milestones

- Discovers individual identity
- Begins emotional control
- Learns to wait turns
- Shows independence



## Age 1.5-2 Years New Feelings

- Experiences embarrassment
- Shows pride in achievements
- Develops empathy
- Feels envy



## Common Emotional Experiences



- "I did it!" moments of pride
- Frustration with limitations
- Bossy behaviour
- Difficulty waiting
- Occasional tantrums
- Guilt and shame (around age 3)

## Playful Ways to Support Emotional Growth

### Indoor Activities

#### Imaginative Play

- Dress-up games
- Puppet shows
- Role-playing scenarios



#### Creative Expression

- Messy paint play
- Sand activities
- Musical moments



### Social Development

#### Group Activities

- Playdates with peers
- Sharing exercises
- Turn-taking games

#### Storytelling Corner

- Read books about feelings
- Discuss character emotions
- Connect stories to real experiences



### Parent's Role: Supporting Through Play

- Let your toddler lead
- Maintain safety boundaries
- Name emotions: "You seem sad..."
- Model calm responses
- Offer reassurance

\*Tip: When your toddler shows big feelings, respond with understanding and patience. Your calm presence helps them learn emotional regulation.