

# How Toddlers Learn

Toddlers learn about the world around them by playing. Use this handout to learn more about how you can support your child's learning through play.

## Why playtime is important for your child:

- Playing will help your child start to get ready for school. They learn how to be around other children and how to be a good friend.
- Playing teaches your child how to get along with others and how to listen to adults.
- Pretend play helps your child learn about different feelings such as fear or anger.



## How to support this play:

- Make a space in your home where your child can play and you can watch them.
- Give your child lots of time to play without the distraction of TV or other screens.
- Notice what your child is interested in. Come up with play activities that match their interests.
- Describe things to your child. If they are drawing a picture, talk to them about their drawing: "I see you drew a blue house."
- Children learn by watching what you do. Give safe items like pots and pans, blocks, and play tools to your child. By doing this, your child can copy what you are doing.
- Ask your child questions while they play. If they are pretending to cook, ask something like "How did you make this yummy food?"
- Have your child spend time around other people. Children learn from playing next to or with each other. Take your child to a playground where there are other children. You can also join a play group at your local community center or library.



**Talk to your CHN doctor if you have more questions!**