



My Favorite Things

Many children love to talk about any and every thing they see, hear, and experience. However, simply talking does not always result in a real conversation. Children usually prefer small talks or chats, especially those who are still growing, developing, and learning to talk.

Children pick up a lot of things from your conversation. Believe it or not, this helps them to build their vocabulary, understanding, and emotions associated with the communication. A conversation, alone, can increase their overall confidence as they discover a new way to express their feelings with words.

Create some quality time to talk with your child about their favorite things. Quite often, children want to talk about something they love, but it is not always the right time or they may not be comfortable starting the conversation. This activity is designed to give your child the opportunity to talk about something he or she enjoys and practice having a conversation at the same time.

Ask your child to create a list of their favorite topics such as sports, school, friends, toys, games, etc. Depending on the child's age, you may need to help them through this process. Once the list is created, ask the child questions about their favorite topic and this is where the conversation begins to come to life. If it goes really well, the child will begin asking you questions in return.

Learning on the Go!

- At the mall? Allow them to pick out an outfit of choice and begin to ask your child questions like "Why did you select this outfit? What places would you wear it to? How does the outfit make you feel?"
- At a park resting between games and activities? Begin to ask your child questions like "What are you enjoying about the park today?" What types of games would you like to do next?"



Share with us! We would love to see how you did with this activity. Use the hashtag #grow2gether so we can find it!

