



Learning About People

Social studies is the study of people. Young children start to learn about people through loving relationships with family members. As they get older, they begin to learn about people in the broader world, such as friends, community members, and those living in other countries.

You can help develop your child's appreciation and understanding of people – especially, their similarities and differences, traditions, customs, and cultures. Here's how:

Infants & Toddlers

- Listen to or sing music from other cultures or languages with your child. Hearing different types of music will familiarize your baby to all kinds of sounds and languages.
- Read to your child everyday! Try books about people from different cultures and backgrounds. You'll help your child understand that everyone is different.
- Set up “play dates” for your child. This helps your toddler learn to get along with other people.
- Point out people working in the community to your child – the cashier in the grocery store, the fireman driving the fire truck, the wait staff at the restaurant, or the construction worker paving the road.

Preschoolers

- Talk with your child about how people lived “long ago” and how it is different from how we live today.
- Encourage your child to act out different jobs; allow her to use “dress-up” clothes or items from your home in her pretend play, such as aprons, hats, play money, play tool set, etc.
- Talk about your day. Explain what you do and the people that you work with.
- Encourage your child to try foods from other countries and cultures. Kids love: mild curries, gyros, fried chicken, fried rice, pasta, pizza, and tacos! Make it fun and festive. Ask your child to help you cook the meal! Talk about the food and the country or culture that created the dish. Get kid friendly recipes at www.pbs.org/food/

Book Suggestions

People by Peter Spier • The Skin You Live In by Michael Tyler •
The Colors of Us by Karen Katz