



What Is My Child Learning?
 Your child is learning that self-talk is when you talk to yourself in a quiet voice or in your head. Your child is also learning to use self-talk to focus on a task, ignore distractions, and remember directions.

Why Is This Important?
 Self-talk is an important learning tool children can use to help themselves listen, follow directions, focus, ignore distractions, and stay on task.

Ask your child: **What is self-talk?** *Second Step* answer: When you talk to yourself in a quiet voice or in your head.

What can self-talk help you do? Possible answers: Focus attention, follow directions, ignore distractions.

When are times that you use self-talk? Possible answers: When there are distractions. When I repeat directions to myself so I can remember them. When I'm trying to focus on my work. When I switch on my attent-o-scope.

What can you say to yourself to help you focus? Possible answers: Pay attention. Focus. Listen.

Practice at Home

When your child becomes distracted while doing daily tasks, remind him or her to use one or more of the self-talk words from your discussion above. For example:

I see you are having trouble focusing on getting ready for bed. What can you say to yourself to help you stay on task? Wait for your child to respond. **What is the first thing you need to do?** Wait for your child to respond. **What is the next thing you need to do?**

Activity

Check off one task and one distraction from the lists below, or come up with your own. Then have your child complete the task using self-talk to ignore the distraction.

Tasks	Distractions
<input type="checkbox"/> Match socks pairs from a clothes pile	<input type="checkbox"/> Play music
<input type="checkbox"/> Tie shoes	<input type="checkbox"/> Talk on the phone
<input type="checkbox"/> Put toys away	<input type="checkbox"/> Have others in the room doing something else
<input type="checkbox"/> Read a book	<input type="checkbox"/> Walk around your child
<input type="checkbox"/> Wipe the table	<input type="checkbox"/> Tap your foot/snap fingers
<input type="checkbox"/> Other: _____	<input type="checkbox"/> Other: _____

Self-talk words your child used to ignore the distraction and stay on task:

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
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What Is My Child Learning?

Your child is learning that some feelings are strong and need to be managed. You can manage strong feelings by saying “Stop,” naming the feeling, then using belly breathing and positive self-talk to calm down.

Why Is This Important?

When children have strong feelings, they have a harder time thinking clearly and paying attention. When children are calm, they are able to learn.

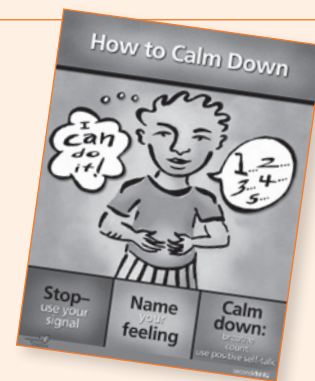
Ask your child: **When you are having a strong feeling, what should you do first?** *Second Step* answer: Put my hands on my tummy and say “Stop.”

What should you do next? *Second Step* answer: Name my feeling.

Then what can you do to calm down? Possible answers: Belly breathe or take belly breaths. Count. Use positive self-talk.

Can you show me how to do belly breathing? (Let your child lead you through belly breathing.)

When you are feeling angry, what can you say to yourself that will help you calm down? Possible answers: Relax. It will be okay.



Practice at Home

When you notice your child having strong feelings, remind your child to say “Stop,” then name his or her feeling. Then practice belly breathing with your child. Help your child think of positive self-talk to use to remain calm. For example:

I see you’re having a strong feeling. Remember to say “Stop.” Wait for your child to say stop. **What are you feeling?** Help your child name the feeling, if needed. **Now let’s belly breathe together.** Practice belly breathing with your child. **What can you say to yourself that will help you keep calm?**

Activity

Help your child to think of a time when he or she has a strong feeling and what he or she needs to do to calm down. Fill in your child’s responses in the blanks below.

I get a strong feeling and need to calm down when:

Stop! I am feeling _____

Practice belly breathing.

Positive things I could say to myself:

(CHILD’S NAME)	(DATE)	(ADULT’S SIGNATURE)



What Is My Child Learning?

Your child is learning how to show care and concern for another person by listening, saying kind words, and helping that person. This is called *showing compassion*, and it makes people feel better.

Why Is This Important?

Being able to show compassion helps children get along with others.

Ask your child: **What does *showing compassion* mean?** Possible answer: Showing you care about others.

What are some ways you can show care and concern or compassion for others? Possible answers: Listening to them. Saying kinds words. Helping them.

When is a time someone might need you to show someone compassion? Possible answers: When someone is feeling sad, lonely, tired, or frustrated.

How do you feel when someone shows you compassion? Possible answers: Happy, special.

Practice at Home

Help your child notice when someone else could use some help or a kind word. For example:

- **Your father has a lot of dishes to do after dinner. Do you think he could use some help?**
- **It sure looks like Mrs. Sanders could use some help picking up the trash. Can you do that?**

Activity

Help your child think of something kind to say to someone else at home (or someone your child can easily call on the phone) as a way to show “compassion.” Fill in the details below for your child. Then help your child do it!

I can show compassion to _____

I will say: _____

After I showed compassion, I think this person felt _____

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
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What Is My Child Learning?
 Your child is learning how to pay attention to other people’s faces and bodies to figure out what they are feeling.

Why Is This Important?
 Children who can identify feelings tend to get along better with others and do better in school than those who can’t.

Ask your child: **Can you show me what a surprised face and body look like?** (Have your child model “surprised.” Model back “surprised” for your child.)

Can you show me what a disgusted face and body look like? (Have your child model “disgusted.” Model back “disgusted” for your child.)

Practice at Home

Name feelings as you, your child, or others are experiencing them. For example:

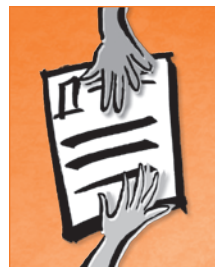
- **I’m feeling very *worried*. I need to find my coat quickly or else I’m going to be late for work.**
- **I can see by the way your lips are pressed together and your shoulders are tense that you are feeling *frustrated* that you can’t get your shoes tied.**
- **I can tell by Aunt Jane’s big smile that she is very *happy* you gave that picture to her!**

Activity

Have your child identify your feelings.

<p>1. Make an <i>angry</i> face for your child.</p> <ul style="list-style-type: none"> • Ask: What am I feeling? • Have your child draw your angry face and/or write the word “angry” in the box. 	
<p>2. Make a <i>surprised</i> face for your child.</p> <ul style="list-style-type: none"> • Ask: What am I feeling? • Have your child draw your surprised face and/or write the word “surprised” in the box. 	

(CHILD’S NAME)	(DATE)	(ADULT’S SIGNATURE)
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What Is My Child Learning?

Your child is learning that being assertive is the best way to ask for help at school. When you are assertive, you face the person you're talking to, stand up straight, use a calm, firm voice, and use respectful words.

Why Is This Important?

Being able to ask for help assertively helps children be better learners. When children don't understand something, it helps them continue to learn rather than being stuck.

Ask your child: **What is a good way to ask your teacher or an adult for help?** *Second Step* answer: *In an assertive way.*

Can you show me how it looks and sounds to ask for help assertively?

(Your child should be facing you, sitting or standing up straight, and using clear, calm, and respectful words, such as "Can you please help me?")

Be Assertive

- Face the person you're talking to.
- Keep your head up and shoulders back.
- Use a calm, firm voice.
- Use respectful words.

Practice at Home

Notice if your child is getting frustrated with a difficult or new task (such as cleaning a messy room, reading a book, or writing words). First, give your child time to try to figure it out alone. If your child is still stuck, remind him or her to ask you for help. For example:

I see that you are starting to feel frustrated trying to write those words. If you would like some help, you can say: "Excuse me. Can you please help me write these words?" Wait and let your child ask you assertively for help. Make sure that you give him or her the needed help soon after being asked.

Activity

Help your child practice asking for help at school. Pretend that you are a teacher. You are busy writing a note on your calendar. Your child needs help with a math problem. Before asking you for help, your child needs to wait until you have finished what you are doing. Then have your child practice saying these words to ask you for help:

Excuse me. Can you please help with this math problem? Check the steps that your child remembered to do:

- Waited until you finished what you were doing before asking for help.
- Faced you.
- Stood up straight.
- Used clear, calm, respectful words.

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
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