

## DOES YOUR CHILD:

Child's Name \_\_\_\_\_

Ask for help when he or she is upset by calling or reaching out?

- Often       Sometimes       Not Yet

Change his/her tone of voice to show their feelings?

- Often       Sometimes       Not Yet

Respond to their name or say "me" or "mine"?

- Often       Sometimes       Not Yet

Try to talk, play, or interact with other children?

- Often       Sometimes       Not Yet

*Clip and return to school.*

*Clip and Save.*

### Notice and respond to your child's feelings in new situations

As your child is getting older, their world may begin to expand a little. Perhaps you take them on more outings, or they may begin to spend time with more people. As you approach these people and situations, respond to your child's needs and feelings. If they are overwhelmed or scared, provide comfort or support. As much as possible, plan ahead to match new experiences to your child's mood, activity, and comfort levels.

### Create a daily routine that is predictable but flexible

Consistent routines allow your child to know what to expect, and can help your child feel confident and safe. Routines also provide a good time for introducing new things while your child feels safe and secure. For example, during your child's bedtime routine, you might ask your child to wait for a few minutes, teach your child a new song, read a new book and ask questions, or encourage your child to begin to take off an item of clothing. With a predictable routine, the activity will seem comfortable to your child and they can focus on the new skill or behavior.

### Support your child in communicating their preferences and emotions

Your child is beginning to move about, explore, and interact with the world around them. With these new opportunities, they will begin to show preferences and will try some things that are challenging. Talking about your child's experiences and feelings helps them to feel supported and begin to learn to communicate their feelings, needs, and wants.

