

## DOES YOUR CHILD:

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

- Calm him/herself down when they are a little upset?  
 Often       Sometimes       Not Yet
- Use words or body language to express feelings? (e.g. stomping feet or saying, "I'm mad!")  
 Often       Sometimes       Not Yet
- Say "me" or "mine" a lot?  
 Often       Sometimes       Not Yet
- Look for support or comfort from you when exploring new settings?  
 Often       Sometimes       Not Yet
- Play with other children with the same materials for a short time?  
 Often       Sometimes       Not Yet

Clip and return to school.



Clip and Save.

### Involve your child in what you are doing

It can be hard to find time to do everything. Involving your child in the things you do around the house helps build strong relationships and helps them learn! Talk with your child about what you are doing. Give them a role or related activity. If you are cooking, have your child pour in ingredients, hand you things you need, or count with you as you stir. You can also hand them some safe kitchen items to play with as you cook. Even giving your child paper and crayons to draw a picture while you work keeps you connected while you are still able to get things done.

### Use feeling words

Talk about facial expressions (e.g. smiles, frowns) and feelings (e.g. happy, sad). Let your child know that you see when they feel angry or frustrated. Help them learn ways to show these feelings that are safe and appropriate for your home and culture (e.g. "Your face looks angry. You can stomp your foot and say, 'I'm mad'."). Notice and label feelings of people you see in books, signs, or in the community.

### Allow your child to resolve conflicts with peers

Adults often want to solve the problem when a conflict arises between children to avoid bad feelings. Children learn to handle conflicts when they are helped through the process. Share a calming strategy (e.g. "Let's take a deep breath and talk about this.") and then help the children voice their thoughts and feelings. This helps them express themselves calmly and consider others' feelings. Working together to come up with a solution supports problem solving and compromise (e.g. "You both want to use this same toy. What can we do? Can you use it together or take turns?").

