

DOES YOUR CHILD:

Child's Name _____

Handle small changes in daily routine or having limits set without a lot of trouble?

- Often Sometimes Not Yet

Use words to tell you how they are feeling (when those feelings aren't too upsetting)?

- Often Sometimes Not Yet

Notice things that are the same or different between them and others?

- Often Sometimes Not Yet

Ask familiar, trusted adults for help?

- Often Sometimes Not Yet

Have some special friends they really like to play with?

- Often Sometimes Not Yet

Clip and return to school.



Clip and Save.

Talk about feelings

Label emotions and talk about ways to help your child calm down when they are upset.

Teach your child about getting along with others

Show your child how to get along with adults and children. Help your child understand why we follow rules and use nice words. Talk about how words and behaviors make other people feel, so your child can make choices about their words and behaviors.

Model ways to handle conflict

Show your child how to handle disagreements by talking through them. Ideas for helping your child include:

- Suggesting words to use when upset (e.g. "Tell him that you feel mad when he knocks over the tower you were building.")
- Modeling ways to calm down before talking (e.g. "I'm feeling mad right now and I need a few minutes alone to calm down before we talk.")
- Helping your child figure out a compromise (e.g. "You both want this toy. What could we do so you both get to use it?")

