

# Give Me the Words

## Primary Objectives

1a. Manages feelings

## Why It's Important

Observe times when your child uses acceptable strategies for managing her own feelings. Also look for times when your child may be in a new situation and may need your assistance to manage her feelings. Guiding your child's behavior helps her learn how to express herself and interact well with others.

## Materials

None

## What You Do

1. Watch your child and notice how she manages her feelings. When your child uses acceptable strategies, acknowledge the behavior and encourage it by explaining the desired outcome. For example, another child takes a truck from your child. Your child says, *No. That's my truck, and then looks at you.* You might respond by saying, *You told her that was your truck. Now she knows you had it first and that you want it back.*
2. In new situations where your child may not already have proven strategies to try, give her words to use. For example, your child has been trying for several minutes unsuccessfully to put on her own shoes. She begins to kick her legs in frustration. You approach her and say, *I know it is frustrating when you can't get your shoes on. You always ask me for help when you get stuck. You say, "Please help me," and I will help you.*
3. Make sure that you observe that your child needs your assistance before you help so that she can learn how to handle simple problems on her own.