

Not Seeing Your Issue?

Age 5 Summary

Why Not Seeing Your Issue?

As you address any issues, you build the foundation for your child's development.

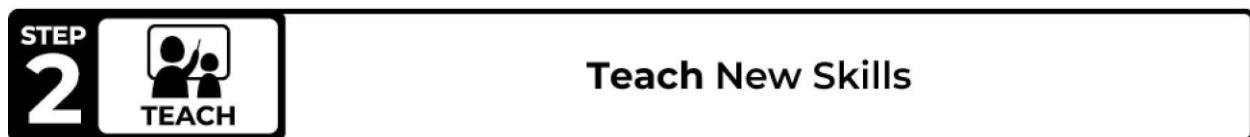


Get Your Child Thinking by Getting Their Input

Some examples of getting input from your child are:

- *What is it that you want to have happen?*
- *I can see you are upset. Tell me what happened.*
- *Tell me more about how you're feeling.*
- *I noticed you seem quiet today. Is there anything you'd like to talk about?*
- *What was the best part of your day today? What made it special?*
- *If you could change one thing about today, what would it be?*
- *What could we do together to make things better?*
- *How do you feel about [specific situation]?*
- *What do you think your friends would do in a situation like this?*
- *What skills do you have that you're proud of?*
- *Is there something you wish you could do better?*
- *What's something new you learned recently?*

- *What might be easy for you to get done?*
- *What might be harder for you to do?*
- *What are some other things like this you've worked on in the past?*
- *In what ways can I support you?*
- *What can you do before bed to ensure you get a good night's sleep?*
- *How can I help you get ready for bed?*
- *You seem frustrated about me asking you to clean up your room. Tell me a little bit about what's going on.*
- *You're not sure why putting your clothes away after they've gone through the laundry is important. What are some guesses you have about why it's important?*
- *When someone says or does something to you that hurts your feelings or doesn't feel good, it's okay to talk about it, and I want to hear about it.*
- *Remember that all feelings are OK. What are you feeling right now*



Here are some ways that you can teach new skills to your child:

- *It sounds like you're going through a lot. Would you like me to just listen, or would you like us to brainstorm some ideas together on how you can solve the problem?*
- *Let's talk through this together and come up with different ideas.*
- *I will show you one way of doing this, and then you can show me another.*
- *Let's do this together, step by step.*
- *See how I'm doing it slowly? That's the first step.*
- *Pay attention to how I hold it, then you try.*
- *Notice how I'm being careful with it? That's important.*
- *Look at my hands. They're doing this. Can you copy me?*

- *I'm going to explain each part as I do it. Listen closely.*
- *Practice makes perfect. Let's keep trying until you get it.*
- *Mistakes are okay. That's how we learn. Let's try again.*
- *I'm going to show you a trick to make it simpler.*
- *See how I'm being patient? That's important when learning something new.*
- *If you need more clarification, just ask questions. I'm here to help.*
- *Remember, it's okay to ask for help if you're stuck.*
- *Think about how you can use what you learned in different situations. Now that you've seen how it's done try it your way.*
- *I'm proud of you for trying something new. That's how we grow.*
- *Let's discuss some things you can do when you feel left out.*
- *What would you do if you saw another friend being left out of an activity?*
- *If your friend (who left you out) was here right now, what would you want them to know?*
- *Why would you want them to know that?*
- *What do you think they should have done differently?*
- *Sometimes, friends do things that we don't understand or don't feel good to us.*



Here are some examples of ways you can practice with your child:

- *Let me see you try it now.*
- *Let's pretend I am your friend. What would you say to tell me how you're feeling?*
- *Let's do it again together, and then you can do it yourself.*
- *I am so proud of how hard you are trying. It shows how much you want to learn.*

- *What are some fun ways we can practice doing this together?*
- *Imagine how proud you will feel once you can do this!*
- *I'm here to support you. You are not alone in this.*



Support Your Child's Development and Success

Here are some examples of how you can support your child's development and success:

- *I am so impressed with how much progress you are making.*
- *It is so cool to see how important this is to you.*
- *You are good at _____!*
- *You worked hard at that!*
- *You have learned so much so quickly!*
- *You must feel so proud that you can do that!*
- *It took a lot of strength to do what you did!*



Recognize Efforts

- Recognize small steps along the way. Don't wait for significant accomplishments—like the whole bedtime routine going smoothly—to recognize effort. Remember that your recognition can work as a tool to promote more positive behaviors. Find small ways your child makes an effort and let them know you see them.
- Build celebrations into your routine. For example, after you've completed your bedtime routine, snuggle and read before bed. Or, in the morning, before you leave for work, take a few minutes to listen to music together.

Trap: It can be easy to resort to bribes when recognition and occasional rewards are underutilized. If parents or those in a parenting role frequently resort to bribes, it is likely time to revisit the five-step process.

Trap: Think about what behavior a bribe may unintentionally reinforce. For example, offering a sucker if a child stops a tantrum in the grocery store checkout line may teach the child that future tantrums lead to additional treats.

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