



**What Is My Child Learning?**

Your child is learning that self-talk is when you talk to yourself in a quiet voice or in your head. Your child is also learning to use self-talk to focus on a task, ignore distractions, and remember directions.

**Why Is This Important?**

Self-talk is an important learning tool children can use to help themselves listen, follow directions, focus, ignore distractions, and stay on task.

Ask your child: **What is self-talk?** *Second Step answer: When you talk to yourself in a quiet voice or in your head.*

**What can self-talk help you do?** *Possible answers: Focus attention, follow directions, ignore distractions.*

**When are times that you use self-talk?** *Possible answers: When there are distractions. When I repeat directions to myself so I can remember them. When I'm trying to focus on my work. When I switch on my attent-o-scope.*

**What can you say to yourself to help you focus?** *Possible answers: Pay attention. Focus. Listen.*

**Practice at Home**

When your child becomes distracted while doing daily tasks, remind him or her to use one or more of the self-talk words from your discussion above. For example:

**I see you are having trouble focusing on getting ready for bed. What can you say to yourself to help you stay on task?** Wait for your child to respond. **What is the first thing you need to do?** Wait for your child to respond. **What is the next thing you need to do?**

**Activity**

Check off one task and one distraction from the lists below, or come up with your own. Then have your child complete the task using self-talk to ignore the distraction.

Tasks	Distractions
<input type="checkbox"/> Match socks pairs from a clothes pile	<input type="checkbox"/> Play music
<input type="checkbox"/> Tie shoes	<input type="checkbox"/> Talk on the phone
<input type="checkbox"/> Put toys away	<input type="checkbox"/> Have others in the room doing something else
<input type="checkbox"/> Read a book	<input type="checkbox"/> Walk around your child
<input type="checkbox"/> Wipe the table	<input type="checkbox"/> Tap your foot/snap your fingers
<input type="checkbox"/> Other: _____	<input type="checkbox"/> Other: _____

Self-talk words your child used to ignore the distraction and stay on task:

\_\_\_\_\_

\_\_\_\_\_

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
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**What Is My Child Learning?**

Your child is learning that being assertive is the best way to ask for help at school. When you are assertive, you face the person you're talking to, stand up straight, use a calm, firm voice, and use respectful words.

**Why Is This Important?**

Being able to ask for help assertively helps children be better learners. When children don't understand something, it helps them continue to learn rather than being stuck.

Ask your child: **What is a good way to ask your teacher or an adult for help?** *Second Step answer: In an assertive way.*

**Can you show me how it looks and sounds to ask for help assertively?**

(Your child should be facing you, sitting or standing up straight, and using clear, calm, and respectful words, such as "Can you please help me?")

**Be Assertive**

- Face the person you're talking to.
- Keep your head up and shoulders back.
- Use a calm, firm voice.
- Use respectful words.

**Practice at Home**

Notice if your child is getting frustrated with a difficult or new task (such as cleaning a messy room, reading a book, or writing words). First, give your child time to try to figure it out alone. If your child is still stuck, remind him or her to ask you for help. For example:

**I see that you are starting to feel frustrated trying to write those words. If you would like some help, you can say: "Excuse me. Can you please help me write these words?"** Wait and let your child ask you assertively for help. Make sure that you give him or her the needed help soon after being asked.

**Activity**

Help your child practice asking for help at school. Pretend that you are a teacher. You are busy writing a note on your calendar. Your child needs help with a math problem. Before asking you for help, your child needs to wait until you have finished what you are doing. Then have your child practice saying these words to ask you for help:

**Excuse me. Can you please help with this math problem?** Check the steps that your child remembered to do:

- Waited until you finished what you were doing before asking for help.
- Faced you.
- Stood up straight.
- Used clear, calm, respectful words.

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)