



**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 stay on task and remember directions.

**Why Is This Important?**

Self-talk is an important learning tool that children can use to help themselves listen, follow directions, and focus.

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

**When are some times you use self-talk?** *Possible answers: When I repeat directions to myself. When I switch on my attent-o-scope. When I want to ignore someone who is distracting me. When I need to focus on my work.*

**Practice at Home**

When you see your child becoming distracted while doing daily tasks, remind him or her to use one or more of the self-talk words from the activity below. For example:

**I see you are having trouble focusing on getting ready for school. 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**

Help your child come up with self-talk to help stay on task in the following daily scenarios. Then write one other daily task and fill in the self-talk to use for that task.

Getting Ready for School	Getting Ready for Bed
Picking Up Toys	

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

Your child is learning how to ask assertively for help from an adult when he or she is stuck and doesn't know what to do.

**Why Is This Important?**

When there is something children don't understand, being assertive helps them continue to learn rather than being stuck.

**Ask your child: What can you do when you are stuck and don't know what to do?** *Second Step answer: First try really hard by myself to figure it out. Then ask another student for help. If I still can't figure it out, ask a teacher or another adult for help.*

**Can you show me how it looks and sounds to ask for help assertively?**  
(See the poster at right.)

**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 when your child is getting frustrated with a difficult or new task, such as tying shoes or reading a book. Give your child enough time to try to figure it out alone before reminding him or her to ask you for help. For example:

**I see that you are starting to feel frustrated about trying to read that page. If you would like some help, you can say: "Excuse me. Can you please help me read 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**

Ask your child these questions and write his or her responses in the spaces below.

**When is a time when you need help at home or at school?** Help your child think of an example.

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**What could you say to ask for help assertively?** Help your child decide what to say. Then have your child practice saying it to you.

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