

# 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.

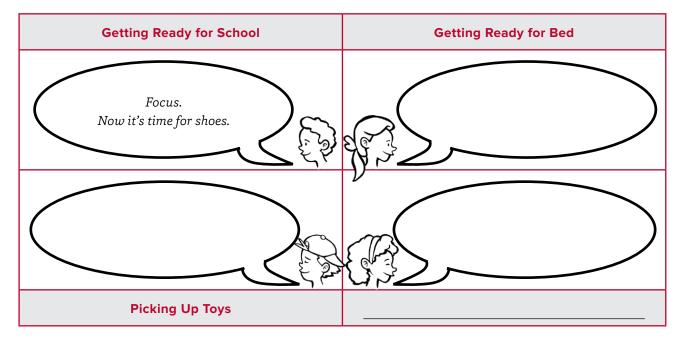
#### **Practice at Home**

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.



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



# 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.

<b>Activity</b> Ask your child these questions and write hi	s or her responses in the spaces helds	A.7
Ask your clind these questions and write in	s of their responses in the spaces below	v.
When is a time when you need help at h	<b>ome or at school?</b> Help your child th	nink of an example.
What could you say to ask for help asserpractice saying it to you.	tively? Help your child decide what	to say. Then have your child