

- ♥ Hear your child and follow their lead - "Come play house with me!"
Listen to their request and whenever possible, accept the invitation.
- ♥ Show respect for your child and others - "I know it is hard to wait. Let's ask if we can use the toy when he is finished."
Model courtesy to teach your child to be respectful.
- ♥ Acknowledge your child's feelings - "I know it's hard for you to share the toy."
Demonstrate you understand that your child's feelings are real and important.
- ♥ Offer choices that meet the needs of your child - "It's snack time. Would you like to sit at the square table or the round table today?"
Provide appropriate choices and include your child in decisions to enhance their sense of independence.
- ♥ Give calm, kind, and firm directions - "It's time to tidy up let's put that toy back on the shelf."
Remain calm while providing clear directions will let your child know that you trust their ability.
- ♥ Create opportunities to overcome obstacles and develop coping skills - "Oh no, your tower has fallen down! Let's pick up the blocks so you can build it up again."
Demonstrate you believe in your child's ability.
- ♥ Prepare your child for what will happen next - "First we are going to take the snack dishes to the kitchen and then we will put on our coats and go to the farm."
Include your child and tell them what they can expect to happen next.
- ♥ Let your child know that challenges have solutions - "That shape doesn't seem to fit in there. Maybe we can try a different one."
Encourage your child to keep trying and honour their emotions.
- ♥ Emphasize the process not the outcome - "Look at all the paintings you have done today! You've been working very hard."
Teach your child that their sense of self is not tied to the end result, but rather to the effort they have used along the way.
- ♥ Model a positive attitude - "I really like playing with you. I am having so much fun!"
Communicate positively to let your child know that you enjoy being with them.