

PARENTS CAN HELP...

Develop these skills by:

- modelling good social skills
- helping them understand how someone felt, or why someone behaved in a certain way
- helping them with their physical and emotional self-regulation
- guidance
- help staying calm, focused, content
- patience
- forgiveness

Teach these skills by:

- understanding and responding to non-verbal cues
- taking turns in conversations
- repairing communication breakdowns
- understanding how emotions affect behavior

Build Planning Skills

- doing jigsaw puzzles
- assembling models or toys from instructions
- helping you follow a recipe
- playing games where children coordinate their movements with instructions (e.g., Simon Says, Red Light Green Light, treasure hunts)

Build Attention Skills

- engage children in activities that require effort to pay attention
- talk to them about a topic they like, and encourage them to stay focused by asking questions
- read to them
- help them draw a picture or write a story about a character they like

Build Concentration Skills

- reduce sensory distractions, like background noise and visual clutter
- limit the time they spend looking at a screen
- give them breaks during a task like homework

Support Self-Regulation

- have a comfort box
- play word games
- read hidden picture books
- blindfold guess the food (by smelling),
- listen carefully for specific sounds, e.g. bird calls.

Teach Language of Emotions

- name emotions
- have conversations about emotional experiences
- explain that anxiety is normal, but it can get out of control
- gently challenge their negative thoughts
- help them learn what makes them feel better when they are anxious
- comfort them when they have negative emotions
- help them learn that bad feelings are normal
- share their positive emotions (joy and excitement)
- teach them to express feelings in words
- help them understand emotional experiences

My child has too LITTLE energy...

- speak to the child in an animated voice or using facial expressions
- turn a task into a game
- do a physical activity that involves large muscles and/or lifting
- play lively music

My child has too MUCH energy...

- comfort, soothe, or hug an upset child
- take a child out of a scary, stressful, or over-stimulating situation
- speak to an upset/excited child in a calming voice
- let an upset child have quiet time alone with you

Board games that help develop the skills necessary

- Risk
- Game of Thrones
- Sequence and Sequence for Kids
- Settlers of Cattan
- Dominoes
- Axis and Allies
- Chess
- Checkers
- Blokus
- Scrabble Junior
- Sorry