

AGES 5-10

On Mercer Island, we want what's best for our kids. We want them to be confident, respectful, and make healthy choices.

Here are tips from ParentingMercerIsland.org that address common issues for children ages 5–10.

Visit ParentingMercerIsland.org to find tools that address these and other issues for children at every age.

CONFIDENCE comes from self-awareness, self-management, social awareness, relationship skills, and responsible decision making.

- Start and build from success and strengths!
- Grow a learning mindset: *"You can learn anything with time, practice, and hard work."*
- Homework time can be a frustrating time for some children as they work to meet academic challenges. Create a sign together that says, "Mistakes are part of learning."
- Allow your child the chance to take steps to meet their big challenges and take responsibility even when you know you could do it faster and better.

LEARNING TO MANAGE STRESS can contribute greatly to a child's sense of confidence and well-being.

- Learn with your child about what causes stress: *"When do you feel worried, anxious, or stressed? What time of day? What people, places, and activities are usually involved?"*
- Model ways you manage stress by doing things like getting exercise, deep breathing, creating quiet time, and naming feelings.
- Recognize when and how your child makes good choices and acts positively to manage stress: *"I noticed when you got frustrated with your homework, you moved away and took some deep breaths. Excellent."*



READING impacts many aspects of your child's development including, language, thinking, connection to others, imagination, and healthy decision making.

- Treat reading time as a treat, not a chore. Save it for the enjoyable time after homework or getting ready for bed.
- Allow your child to select books that look interesting and desirable.
- When your child invites you to learn more about what they are reading or asks a question, listen with interest. You can also ask prompting questions such as: *"What interests you about this story or these characters?"*

ROUTINES not only help your family move through the day smoothly and on time, they can have a significant impact on your child's success.

- Ask key questions about specific challenges: *"I notice you tend to slow down when it's time to get dressed. Why is that time difficult for you?"*
- Teach by modeling.
 - Say what you will model or demonstrate and why.
 - Model or demonstrate the behavior.
 - Ask your child what they noticed.
 - Invite your child to try it.
 - Ask what they noticed with their own modeling.
 - Practice together.
 - Provide specific feedback starting with strengths using, *"I notice..."*
 - Avoid stickers, gifts, or other physical rewards for performance. These have a de-motivating effect on children. Focus on your attention as the best reward.



Learn more by visiting
ParentingMercerIsland.org

