

Not Seeing Your Issue?

Age 1 Summary

Why Not Seeing Your Issue?

Your child's secure and trusting connection with you is vital in their first years. As you address any issues, you begin to build the foundation for your child's development.

STEP 1  **GET INPUT**

Getting to Know and Understand Your Child's Input

Some examples of getting input from your child are:

- *Which book would you like to read before bedtime?*
- *What color shirt would you like to wear today?*
- *Do you want to play with blocks or puzzles?*
- *Where would you like to go for our outing today?*
- *Which toy would you like to take with you in the car?*
- *What do you want to build with your building blocks?*

STEP 2  **TEACH**

Teach New Skills

Here are some ways that you can teach new skills to your child:

- *Watch how I do this, and then you can give it a try.*
- *Now it's your turn to try. You can do it!*
- *Great job! Let's try it again to make sure you've got it.*

- *It's okay to make mistakes. That's how we learn.*
- *You're getting better with each try. I'm proud of you!*
- *Look how much you've learned! You're becoming a pro at this.*
- *Pay attention to how I hold it, then you try.*
- *Notice how I'm being careful with it? That's important.*
- *Look at my hands. They're doing this. Can you copy me?*
- *Practice makes perfect. Let's keep trying until you get it.*
- *Mistakes are okay. That's how we learn. Let's try again.*
- *Try to do it just like I showed you. I believe you can do this.*



Practice to Grow Skills and Develop Habits

Here are some examples of ways you can practice with your child:

- *Let me see you try it now.*
- *Let's do it again together and then you do it by yourself.*
- *I'm so proud of you for trying! Let's do it a bit more.*
- *Every time we practice, we learn something new. Let's keep going.*
- *You're getting it! Let's keep practicing until it's easy.*
- *Let's practice a little bit every day.*
- *The more we practice, the easier it gets. Let's keep trying.*
- *I'm here to help you as you practice. You're not alone.*
- *We'll take it one step at a time. Let's make it easier.*
- *You're doing so well! Keep going!*

**STEP
4**

Support Your Child's Development and Success

Here are some examples of how you can support your child's development and success:

- *I noticed how you put your arms up to help me get your shirt on. Nice job!*
- *I know this is scary. Would holding your bear help while we do this?*
- *We will first do this and then that. Okay?*
- *You did a great job stacking those blocks! You're really good at building.*
- *I see you're feeling frustrated. Would you like some help figuring it out?*
- *Let's try counting the buttons together. One, two, three... Great counting!*

**STEP
5**

Recognize Efforts

- Recognize small steps along the way. Don't wait for significant accomplishments—like the whole bedtime routine going smoothly—to recognize effort. Remember that your recognition can work as a tool to promote more positive behaviors. Find small ways your child makes an effort and let them know you see them.
- Build celebrations into your routine. For example, after you've completed your bedtime routine, snuggle and read before bed. Or, in the morning, before you leave for work, take a few minutes to listen to music together.

Trap: It can be easy to resort to bribes when recognition and occasional rewards are underutilized. If parents or those in a parenting role frequently resort to bribes, it is likely time to revisit the five-step process.

Trap: Think about what behavior a bribe may unintentionally reinforce. For example, offering a sucker if a child stops a tantrum in the grocery store checkout line may teach the child that future tantrums lead to additional treats.

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