Tools for Your Child's Success.org

Not Seeing Your Issue? Age 8

Summary

Why Not Seeing Your Issue?

As you address any issues, you build the foundation for your child's development.



Some examples of getting input from your child are:

- *What is it that you want to have happen?*
- *I can see you are upset. Tell me what happened.*
- *Tell me more about how you're feeling.*
- *I noticed you seem quiet today. Is there anything you'd like to talk about?*
- *What was the best part of your day today? What made it special?*
- *If you could change one thing about today, what would it be?*
- *What could we do together to make things better?*
- *How do you feel about [specific situation]?*
- *What do you think your friends would do in a situation like this?*
- *What skills do you have that you're proud of?*
- *Is there something you wish you could do better?*
- *What's something new you learned recently?*

- *What might be easy for you to get done?*
- *What might be harder for you to do?*
- *What are some other things like this you've worked on in the past?*
- *In what ways can I support you?*
- *What can you do before bed to ensure you get a good night's sleep?*
- *How can I help you get ready for bed?*
- *You seem frustrated about me asking you to clean up your room. Tell me a little bit about what's going on.*
- *You're not sure why putting your clothes away after they've gone through the laundry is important. What are some guesses you have about why it's important?*
- *When someone says or does something to you that hurts your feelings or doesn't feel good, it's okay to talk about it, and I want to hear about it.*
- *Remember that all feelings are OK. What are you feeling right now?*



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

- *It sounds like you're going through a lot. Would you like me to just listen, or would you like us to brainstorm some ideas together on how you can solve the problem?*
- *Let's talk through this together and come up with different ideas.*
- *I will show you one way of doing this, and then you can show me another.*
- *Let's do this together, step by step.*
- *See how I'm doing it slowly? That's the first step.*
- *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?*

- *I'm going to explain each part as I do it. Listen closely.*
- *Practice makes perfect. Let's keep trying until you get it.*
- *Mistakes are okay. That's how we learn. Let's try again.*
- *I'm going to show you a trick to make it simpler.*
- *See how I'm being patient? That's important when learning something new.*
- *If you need more clarification, just ask questions. I'm here to help.*
- *Remember, it's okay to ask for help if you're stuck.*
- *Think about how you can use what you learned in different situations. Now that you've seen how it's done try it your way.*
- *I'm proud of you for trying something new. That's how we grow.*
- *Let's discuss some things you can do when you feel left out.*
- *What would you do if you saw another friend being left out of an activity?*
- *If your friend (who left you out) was here right now, what would you want them to know?*
- *Why would you want them to know that?*
- *What do you think they should have done differently?*
- *Sometimes, friends do things that we don't understand or don't feel good to us.*



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

- *Let me see you try it now.*
- *Let's pretend I am your friend. What would you say to tell me how you're feeling?*
- *Let's do it again together, and then you can do it yourself.*
- *I am so proud of how hard you are trying. It shows how much you want to learn.*

- *What are some fun ways we can practice doing this together?*
- *Imagine how proud you will feel once you can do this!*
- *I'm here to support you. You are not alone in this.*



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

- *I am so impressed with how much progress you are making.*
- *It is so cool to see how important this is to you.*
- *You are good at _____!*
- *You worked hard at that!*
- *You have learned so much so quickly!*
- *You must feel so proud that you can do that!*
- *It took a lot of strength to do what you did!*



- 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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