



Parent Tips: How to support skill growth in kids with or without special needs.

What To Do:

1. Give child specific praise. "You really are doing well at keeping your shoes on."
"I like how you did not yell, but asked for help instead."
"Great job keeping your pencil on the line."
2. Model slow breathing. -It is good to do when anxious or upset.
-You can do it with them and pretend to be a bear sleeping.
3. Praise progress on goals. -Remember children often mirror us.
-Tell or reward them, when they are trying to do a good job.
4. Expect child to help at home or engage in household chores that fit their abilities.
-This provides a sense of purpose and service to others.
-Doing chores also helps improve brain power.
5. Use visuals to structure time and activities.
-For example, place a colored paper or picture on the floor where you want them to place their shoes each night.
6. Allow them to express feelings appropriately.
-Guide them how to express feelings appropriately.
-Use statements like "First do this, then you/we can _____."

Do Not:

1. Tell them they are bad. -Children respond better to positive reinforcement.
-Children should know that they can make good or bad choices.
2. Give them mixed messages.
-Do not hug them, while you tell them they did something bad.
-Don't hold them in your arms while you want them to go join an activity. Let them watch standing by you, until they are ready to join.
3. Don't tell them teacher or other adults are bad.
-This response will eventually turn on you. Instead say "I will go talk with teacher about this situation."

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