

Simple, everyday activities to help boost your child's self-development skills

STANDARD: Understands Feelings

- ☐ **DISCUSS BOOKS** Read a story together and ask: "How do you think the character in the story feels?" "Have you ever felt that way?"

STANDARD: Shows Self-Awareness

- ☐ **WHO AM I?** Help your child express personal feelings, preferences, and interests. Talk with your child about his or her personal qualities and what makes him or her unique.

STANDARD: Regulates Emotions

- ☐ **EXPECT THE EXPECTED** Be patient as your child learns to regulate feelings, thoughts, impulses, and behaviors. Set up a schedule and daily routines. If your child knows what to expect, it will be easier to develop appropriate behaviors.

STANDARD: Adapts to Change

- ☐ **MANAGE TRANSITIONS** Set up your child for success by giving a warning before changing activities: "Take a few more minutes to finish playing. Then we're going to the store." For big changes (moving, new sibling, starting school), use books to help your child know what to expect.

STANDARD: Engages in Social Interactions

- ☐ **TALK AND PLAY WITH OTHERS** Encourage your child to join in with other children. Model how to approach others in a group and ask to join in. Stay with your child as long as needed.

STANDARD: Understands Rules and Routines

- ☐ **SET ROUTINES** Help your child know the rules and what to expect. Make a schedule, such as: 1) bath, 2) brush teeth, 3) read, 4) bedtime. When your child falls off schedule, be positive as you refocus him or her. "Did you know sleep makes people happier and even makes it easier to learn new words? Let's team up to get back on track tonight."

STANDARD: Shows Confidence

- ☐ **ENCOURAGE CONFIDENCE** Compliment small achievements that will build confidence for bigger ones. Don't blame your child personally for mistakes or bad behavior. For example, instead of, "You're bad," say, "It's not nice to throw toys."