



Discuss feelings: “How do you look when you feel sad, what are some things that make you feel sad, what can you do if you feel sad.” It is important to explain all of these things when discussing feelings so your child knows how to communicate his feelings and how to begin to solve the problem.

Daily Doses



Share your feelings with your child. Make sure that these are age appropriate conversations. If something makes you feel sad, frustrated or angry, let your child hear this. Also let him hear how you work through these feelings to feel better. When another child is upset in a social setting, take this as an opportunity to talk with your child about how that child is feeling and how you know. It is often difficult for children to understand how others feel. Explaining how you know when someone is upset will help your child with this concept.



Sharing: “That’s mine!” This may be a familiar phrase in a house with a young child. It is natural for children to be resistant to sharing a favorite toy, but it is important to give kids practice with how to share and why it is important.

Daily Doses



Get your child involved with playing and sharing with other children. Teach him to use sentences like, “Can I play with that when you are done?” when he wants something. Teach your child how to thank someone for sharing a toy. It is also beneficial to talk to your child about how he feels when he is playing with another child’s fun toys and how he makes others feel when he shares his toys.



Making Friends: All children have their own personalities. Some are shy, some are more outgoing, but all could benefit from a conversation on how to talk to new friends. As you prepare your child to go to Kindergarten, talk with your child about how to start a conversation with a new friend. You will want to model and help your child with this whenever possible. Teach your child to say, “My name is _____. What is your name?” Help your child think of things that he can share about himself and hear about someone else. Children often like to share about their family, pets, favorite toys, shows, color, etc.

Daily Doses

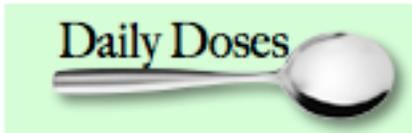


When you and your child are out and about, let him see you “make friends” with others. Encourage your child to talk with other

children he encounters. If your child is shy or apprehensive, don't force it. Instead talk with the other child yourself to model how to do it.



Acclimating to a new situation: Help your child prepare to enter new situations by giving him a process to follow in any new situation. Talk with your child about what makes him nervous about new situations and make sure that addressing these fears is part of the process. A new situation process can include scanning the room for familiar or favorite items. "I see books and I love to read." "I see art materials, maybe we will do art projects." Another part of this process is gathering questions, "where do I sit?" "Where do I hang my coat?" A child who is concerned about finding a bathroom, might first scan to see if there is a bathroom in the new environment and if he doesn't see one, he will make this a question to ask.



Model this for your child whenever you enter a new situation. When you go to a new doctor's office, enter the door and verbalize, "I see a desk with a woman behind it, just like at your doctor's office, that is probably where I go first. I can probably ask her my questions, too. Let's see, I see seats and magazines to read. That is probably where we wait for the doctor. I want to ask where the bathroom is in case I have to go." Let your child practice this by visiting a different library or playground