

Teacher-to-Parent Communication Letter

Classroom and Family Rules

At school your children are learning about how to do well in school and are practicing 5 classroom rules. You can help support your child's learning by commenting and praising them when you notice them following these rules at home.

Ask your child to "Show You Five" (hold up your hand). See how many they remember! Ask them to show you how they follow these rules, one at a time.



The Show Me Five Rules are:



Listening Ears: (To remind children to quietly listen and pay attention to the speaker.) Praise them at home when they are using their listening ears when others are talking.



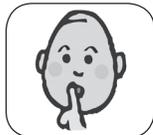
Eyes on Teacher: (To remind children to look at the teacher and pay attention.) Praise children at home when they are looking at you with their listening eyes.



Keep Hands to Self: (To remind children to keep their hands to themselves.) Praise your child when s/he keeps her hands to own body.



Use Walking Feet: (Reminds children about walking slowly – and saving running feet for outside!) Praise your children for using their walking feet inside the house.



Use Inside Voice: (To remind children to learn to talk quietly and not disturb others.) Praise your children for using polite and quiet inside voices.

Record on the *Parent-to-Teacher Communication Form* your experiences talking about your family rules with your child and send this form back to school with your child.



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Classroom and Family Rules

Child's Name: _____

Record on this form your experiences talking about your family rules with your child and send this form back to school with your child.

Your child may draw a picture of one of your household rules here too.



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Encouraging Your Child's Persistence and Patience

All young children have short attention spans and are easily distractible. Once they get to school there are more demands on them to listen, be focused, and work for longer times on school related tasks. You can help support your child's attentiveness and increase his or her persistence with a difficult task by commenting, describing, and coaching your child when you notice him or her doing any of the following behaviors:

Staying Focused: Describe and praise your child's behavior whenever you notice him or her concentrating, paying attention, or staying focused when trying to solve a problem (e.g. completing a difficult puzzle, trying to write or read, or learn something new). For example, "You are really looking at all those letters and staying focused." Or, "You keep trying different ways to solve that problem. You are really working hard. "

Being Patient: Label your child's emotions whenever you notice him or her staying calm or patient. "That is really frustrating to do and you keep trying again. You are really being patient and staying calm. I think you are going to be able to do that."

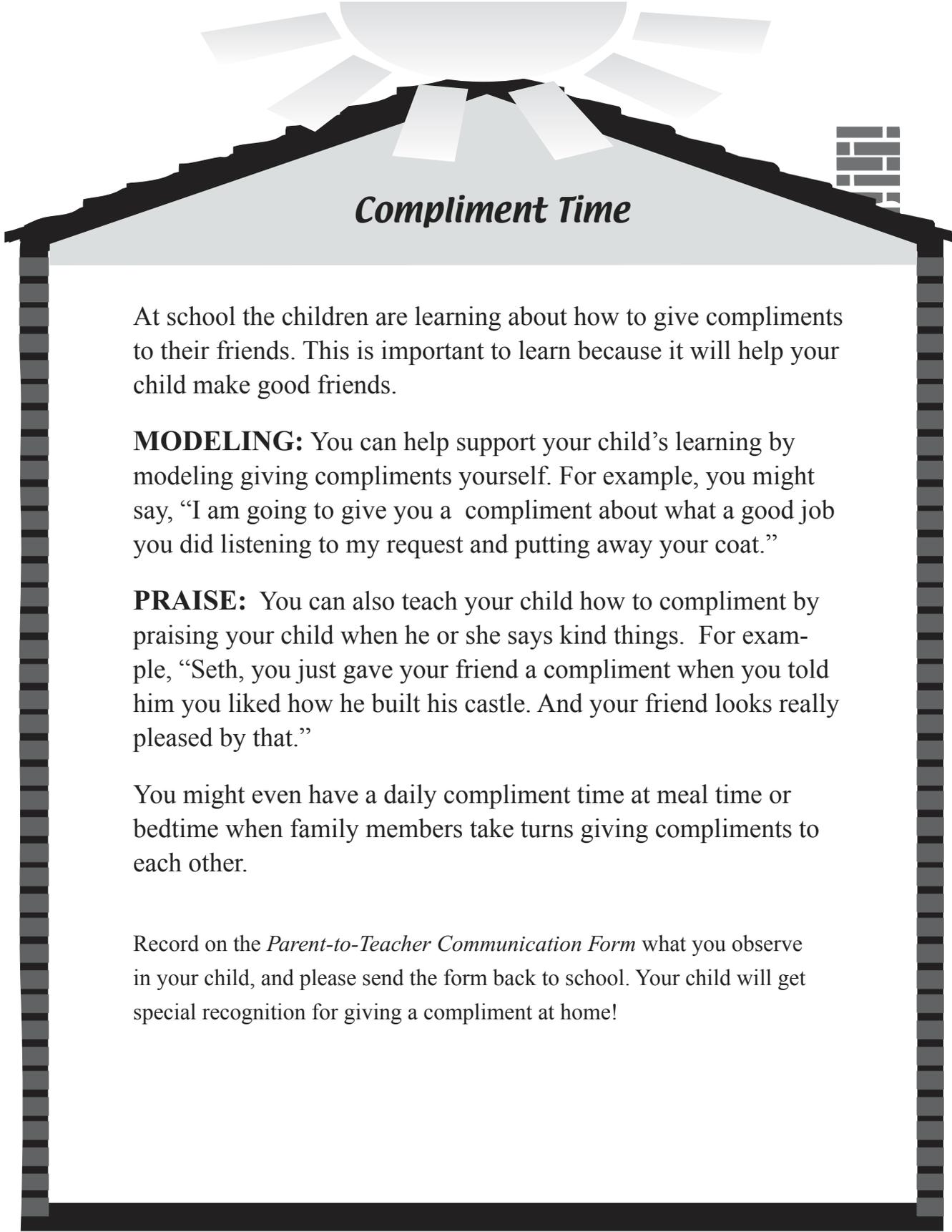
Record on your *Parent-to-Teacher Communication Form* your experiences coaching your child persisting with a difficult task and staying calm and send this form back to school with your child.



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Compliment Time

At school the children are learning about how to give compliments to their friends. This is important to learn because it will help your child make good friends.

MODELING: You can help support your child's learning by modeling giving compliments yourself. For example, you might say, "I am going to give you a compliment about what a good job you did listening to my request and putting away your coat."

PRAISE: You can also teach your child how to compliment by praising your child when he or she says kind things. For example, "Seth, you just gave your friend a compliment when you told him you liked how he built his castle. And your friend looks really pleased by that."

You might even have a daily compliment time at meal time or bedtime when family members take turns giving compliments to each other.

Record on the *Parent-to-Teacher Communication Form* what you observe in your child, and please send the form back to school. Your child will get special recognition for giving a compliment at home!

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Compliment Time

Child's Name: _____

Record on this form what you observe in your child, and please send the form back to school. Your child will get special recognition for giving a compliment at home!

Child: Gives a compliment (says nice things) to an adult or friend.

Family: Give examples of three compliments you give to your child!

1. _____

2. _____

3. _____



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Problem Solving

At school the children are learning about how to problem solve when they are upset, so they can make the best choice. You can help your child learn to problem solve with books, puppets, and by talking with them before they get too dysregulated. Here are 3 steps your children are learning.



Step One: How do I feel?

Step Two: What is the problem?

Step Three: What are some solutions?

PRACTICE: You can practice these at home by talking about a problem and thinking about possible solutions (e.g., waiting, sharing, taking turns, helping, taking a deep breath, doing something else). Then it can be fun to practice these solutions with puppets.

MODEL: It will help your child if you model ways that you calm down when you have a problem in order to think about solutions to your problems. For example, you might tell them “I am feeling frustrated right now because I can’t find my keys. I’m going to take a deep breath, and think about solutions. One solution is to look in my car. Another solution is to ask for help.”



Ask your child to show you how s/he can be a “detective” and solve a problem.

Record on the *Parent-to-Teacher Communication Form* your experience practicing helping your child come up with solutions to problems. Your child will get special recognition for solving a problem or for drawing a picture of a solution!



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Problem Solving

Child's Name: _____

Record on this form your experience practicing helping your child come up with solutions to problems. Your child will get special recognition for solving a problem or for drawing a picture of a solution! Here is an example of a problem, or you can choose your own. "Let's pretend that your friend is on the swing and you want a turn."

How would you feel?

What solution could you use?



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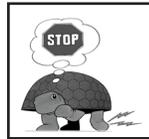
Calm Down

At school the children are learning about ways to calm down when they are upset, so they can make the best choice. Children need support and help to stay patient and keep trying when learning difficult tasks, because most people are not successful the first time they try something new. You can help your child learn some self-calming skills.

PRACTICE: At a time when your child is calm ask your child to show you how he or she can calm down “like a turtle.”



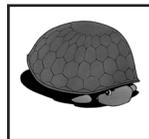
Step #1:
Name the feeling



Step #2:
Say “STOP”



Step #3:
Take three deep breaths
and say “I can calm
down”, “I can keep trying”



Step #4:
Go inside “shell” to calm
down (It helps to turn
away from the child and
give them privacy to calm
down)



Step #5:
When calm, try again

MODEL: It will help your child if you model ways that you calm down when you are angry or frustrated. You might tell them about how you coped, “You know, I was really angry this morning because I had worked hard on making breakfast and then I dropped the plate on the way to the table. I had to really go in my shell and take a deep breath to calm down so that I could clean up the mess and start again.”

Record on your *Parent-to-Teacher Communication Form* your experiences talking to your child about Tiny Turtle’s calm down steps and send this form back to school with your child.



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Calm Down

Child's Name: _____

Record on this form your experiences talking to your child about Tiny Turtle's calm down steps and send this form back to school with your child. If you see your child using the turtle deep breathing strategy to stay calm, let us know and he will get special recognition.

Remember when your child is angry, he or she will probably have trouble calming down. Give one reminder about the turtle technique. If your child responds, give a lot of praise. If your child is too upset to listen, turn away and give some privacy to calm down. Later when your child is calm, you can practice again. It takes a long time for a child to learn to self-regulate. Your patience is important!



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Encouraging Your Child's Social Skills

At school the children are learning about how to make good friends. You can help support your child's learning by commenting and praising when you notice him or her doing any of the following behaviors:

Sharing: Praise your child whenever you notice him or her sharing toys with another child or with you. "Thank you for sharing your toys with me and for letting me play with you."

Helping: Praise your child whenever you notice him or her helping someone else. "You are really helping your sister with picking up her things. That is so helpful and your sister looks happy about getting your help."

Taking Turns: Praise your child whenever you notice him or her waiting her turn and being patient while waiting. "You are so strong at waiting your turn. You found something else to do while your friend finished her turn on the computer."

Record on the *Parent-to-Teacher Communication Form* a time when you see your child doing one of the three behaviors and send this form back to school with your child.



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