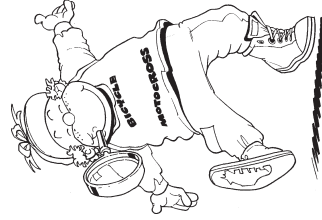


### ***POINTS TO REMEMBER ABOUT SPECIAL TIME WITH YOUR CHILD***

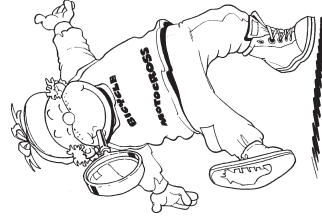
- Follow your child's suggestion and interests for activity.
- Don't make too many demands.
- Don't compete with your child.
- Praise and encourage your child's ideas and creativity; don't criticize.
- Be an attentive and appreciative audience.
- Notice your child's accomplishments and help them feel important.
- Curb your desire to give too much help; encourage your child's problem-solving.
- Show enthusiasm for the special time you spend with your child.
- Laugh and have fun.



©The Incredible Years®

### ***POINTS TO REMEMBER ABOUT SPECIAL TIME WITH YOUR CHILD***

- Follow your child's suggestion and interests for activity.
- Don't make too many demands.
- Don't compete with your child.
- Praise and encourage your child's ideas and creativity; don't criticize.
- Be an attentive and appreciative audience.
- Notice your child's accomplishments and help them feel important.
- Curb your desire to give too much help; encourage your child's problem-solving.
- Show enthusiasm for the special time you spend with your child.
- Laugh and have fun.



©The Incredible Years®

# Refrigerator Notes

## Facilitating Children’s Emotion Learning: Parents as “Emotion Coaches”



Describing children’s feelings is a powerful way to strengthen a child’s emotional literacy. Once children have emotion language, they will be able to better regulate their own emotions because they can tell you how they feel. The following is a list of emotions that can be commented upon when spending special time with your child. Use this checklist to practice describing your child’s emotions as well as your own.

Feelings/Emotion Literacy		Examples
<input type="checkbox"/> happy <input type="checkbox"/> calm <input type="checkbox"/> proud <input type="checkbox"/> excited <input type="checkbox"/> sad <input type="checkbox"/> helpful <input type="checkbox"/> jealous <input type="checkbox"/> brave <input type="checkbox"/> loving <input type="checkbox"/> shy <input type="checkbox"/> afraid <input type="checkbox"/> anxious <input type="checkbox"/> angry <input type="checkbox"/> mad <input type="checkbox"/> forgiving	<input type="checkbox"/> caring <input type="checkbox"/> curious <input type="checkbox"/> interested <input type="checkbox"/> embarrassed <input type="checkbox"/> disappointed <input type="checkbox"/> courageous <input type="checkbox"/> persistent <input type="checkbox"/> having fun <input type="checkbox"/> confident <input type="checkbox"/> frustrated <input type="checkbox"/> worried <input type="checkbox"/> patient <input type="checkbox"/> pleased	<ul style="list-style-type: none"> <li>• “That is frustrating, and you are staying calm and trying again to figure it out.”</li> <li>• “You seem proud of that drawing.”</li> <li>• “You are confident of the plot and characters of that story.”</li> <li>• “You are so patient. Even though it keeps falling apart, you just keep trying to see how you can make it more complex. You must feel pleased with yourself for being so patient.”</li> <li>• “You look like you are having fun spending time with your friend, and he looks like he enjoys doing this with you.”</li> <li>• “You are so persistent. You are trying out every way you can to make it work out.”</li> <li>• “You are forgiving of your friend because you know it was a mistake.”</li> <li>• “You are so curious and asking good questions.”</li> </ul>

### Modeling Feeling Talk and Sharing Feelings

- “I am proud of you for solving that problem.”
- “I am really enjoying being with you.”
- “I was nervous for you when you presented, but you were patient and confident, and your presentation went well.”
- “I’m sad about that now, but I’ll feel better in a while.”

# Facilitating Children's Social Learning: Parents as "Social Skills Coaches"



Prompting and encouraging children's friendly behaviors is a powerful way to strengthen children's social skills. Social skills are the first steps to making lasting friendships. The following is a list of social skills that you can comment on when spending special times with your child or with several children. Use this checklist to practice your social skills coaching.

Social/Friendship Skills	Examples
<ul style="list-style-type: none"> <li>_____ helping</li> <li>_____ sharing</li> <li>_____ teamwork</li> <li>_____ using a friendly voice (quiet, polite)</li> </ul>	<p>"That's so kind. You shared that with your friend and waited your turn."</p> <p>"You are both working together and helping each other like a team."</p>
<ul style="list-style-type: none"> <li>_____ listening to what a friend says</li> <li>_____ taking turns</li> <li>_____ asking</li> <li>_____ trading</li> <li>_____ waiting</li> </ul>	<p>"You listened to your friend's request and followed his suggestion. That is very friendly."</p> <p>"You waited and asked first if you could use that. Your friend listened to you and shared with you."</p> <p>"You are taking turns. That's what good friends do for each other."</p>
<ul style="list-style-type: none"> <li>_____ agreeing with a friend's suggestion</li> <li>_____ making a suggestion</li> <li>_____ giving a compliment</li> <li>_____ using soft, gentle touch</li> <li>_____ asking permission to use something a friend has</li> <li>_____ problem solving</li> <li>_____ cooperating</li> <li>_____ being generous</li> <li>_____ including others</li> <li>_____ apologizing</li> </ul>	<p>"You made a friendly suggestion and your friend agreed with you. That is so friendly."</p> <p>"You are helping your friend build his model."</p> <p>"You are being cooperative by sharing and helping."</p> <p>"You both solved that problem together. That was a great solution."</p> <p>"You really thought about your friend's feelings and were generous."</p>

**Note: Older children can sometimes be embarrassed by these comments when given in front of their friends. If this is the case, you can remind them of their friendly activities later, or praise their friend as well for friendly behavior as this will take the pressure off your own child.**

## Modeling Friendly Behavior

Parents can model waiting, taking turns, helping, and complimenting, which also teach children these social skills.

- "I'm going to be helpful and share the computer with you."
- "It's your turn to choose the TV program tonight because last night we watched my choice."

# Facilitating Children’s Academic Learning: Parents as “Academic and Persistence Coaches”



“Coaching” is a powerful way to strengthen children’s academic skills and ability to stick with a difficult task. The following is a list of academic concepts and behaviors that can be commented upon when doing school-related activities with your child. Use this checklist to practice describing academic concepts.

Academic Skills	Examples
<ul style="list-style-type: none"> <li>_____ working hard</li> <li>_____ concentrating, focusing</li> <li>_____ persistence, patience</li> <li>_____ planning</li> </ul>	<p>“You are working so hard on that project and thinking about how to organize it.”</p> <p>“You are so patient and just keep trying all different ways to figure it out.”</p> <p>“You are frustrated because it is difficult to assemble, but you are staying so calm”</p> <p>“You really planned well and thought of everything you needed for that project.”</p>
<ul style="list-style-type: none"> <li>_____ following teacher’s directions</li> <li>_____ problem solving</li> <li>_____ trying again</li> <li>_____ thinking skills</li> <li>_____ listening</li> <li>_____ working hard/best work</li> <li>_____ independence</li> </ul>	<p>“You are thinking hard about how to solve the problem and coming up with a great solution to that problem.”</p> <p>“You have figured that out all by yourself.”</p> <p>“You are really working patiently with your friend so together you can figure out how that works.”</p> <p>“You worked hard to have your best handwriting on that paper.”</p> <p>“You didn’t know that word so you looked it up in the dictionary.”</p>