

DO THIS AT HOME
Leave a Little Wiggle Room

Try doing this at home to help your child feel less rushed and to give him more of an opportunity to succeed in a task.

Materials Needed

none

What to Do

- ▶ Spend some time observing your child and take note of those times in the day when he is experiencing feelings of rush and haste. For example, maybe you have noticed that it takes your child a great deal of time to put on his coat or clean up.
- ▶ Allow your child extra time when carrying out a routine that often feels rushed or hurried. For example, if getting ready to go outside frustrates him, give him more time to get ready. This will help him to feel the sense of accomplishment that comes with accomplishing tasks without feeling rushed.
- ▶ At times, you may find that you are allowing your child too much time for a transition or routine, and he may begin to act out in ways that are challenging to you. In these cases, find ways to make the time spent in that routine more appropriate for your child's needs.



*You can download this activity and the other at-home activities in this book at www.centerforresilientchildren.org/SSES.