

DO THIS AT HOME
Together We're Better

Try this activity at home to give your child the opportunity to be involved in a routine.

What Your Child Will Learn

Whenever possible throughout the day, make every attempt to involve your child in carrying out routines and transitions. Your child can set the table for dinner, help with laundry, and so on. When you invite your child to help carry out routines and transitions, she feels an internal sense of pride and accomplishment that makes her smile on the inside!

Materials Needed

anything required to carry out a routine of your choice (see below)

What to Do

- ▶ Choose a routine to demonstrate for your child.
- ▶ You might choose “how to set or clear the table,” “how to wash or dry the dishes,” “how to feed the pet,” “how to make a bed,” “how to sort laundry into colors or fold the laundry,” or any other routine you do in your home.
- ▶ After you demonstrate, let your child practice. As you work together to help your child learn this routine, talk about how we can learn from and help each other.
- ▶ Offer verbal acknowledgment and encouragement. Thank your child for her effort: “Jane, you were concentrating really hard as you folded that shirt.”
- ▶ Think of other ways that your child can help with routines and include her in those activities.

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