



**What Is My Child Learning?**

Your child is learning that repeating directions to him- or herself helps them to remember what to do.

**Why Is This Important?**

Being able to listen, remember, and follow directions helps children be better learners.

Ask your child: **What parts of your body do you need to use to listen and follow directions?** Possible answers: Ears, eyes, brain.

**What can you do to help you remember directions?** Possible answers: Listen. Focus my attention. Repeat the directions to myself.

**Why does it help to repeat the directions to yourself?** Possible answers: It helps me remember. It helps me learn and know what to do.

**Practise at Home**

Before giving directions for daily tasks that require more than one step, prompt your child to listen and focus. Give your child the directions. Ask your child to repeat the directions to you, then to him- or herself as many times as needed until the task is complete. For example:

**You need to listen and focus on these directions. Wait for your child to focus. Please go to your room and get a pair of socks and a clean shirt. Now repeat what you have to do out loud.**

**Activity**

Choose an object, such as a sock, cup, small toy, or hairbrush. Ask your child to leave the room you are in so he or she cannot see you, and then hide the object in a corner of the room on the floor, behind something else.

Give your child the following directions to find the item. Then ask your child to repeat the directions before looking for it. Remind your child to repeat the directions if he or she starts to look somewhere not mentioned in the directions.

- 1. It is somewhere on the floor.**
- 2. It is close to a wall.**
- 3. It is behind something else.**

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)