



What Is My Child Learning?

Your child is learning how to calm down and choose something quiet to do to make waiting easier.

Why Is This Important?

Children who have good waiting skills tend to do better at school and have better social skills than those who do not.

Ask your child: What can you do to make waiting easier for you? Possible answers: Take some belly breaths. Count. Use self-talk ('I can wait.' 'Stay still.' 'Be patient.'). Do something quiet that will not distract others (tap fingers together, count everyone in the queue, hum a song quietly).

Practise at Home

During daily activities that require waiting, such as waiting for you to finish a phone call, waiting for dinner, or waiting for a friend to visit, remind your child to use one of the ways to make waiting easier that they learned in class. For example:

I am going to make a phone call. I need you to wait very patiently while I finish the call. What can you do to help you wait? Wait and let your child respond. Offer suggestions if needed, such as belly breathing, counting, using self-talk, or doing something quiet that will not distract others.

Activity

Complete the following questions about this girl with your child.

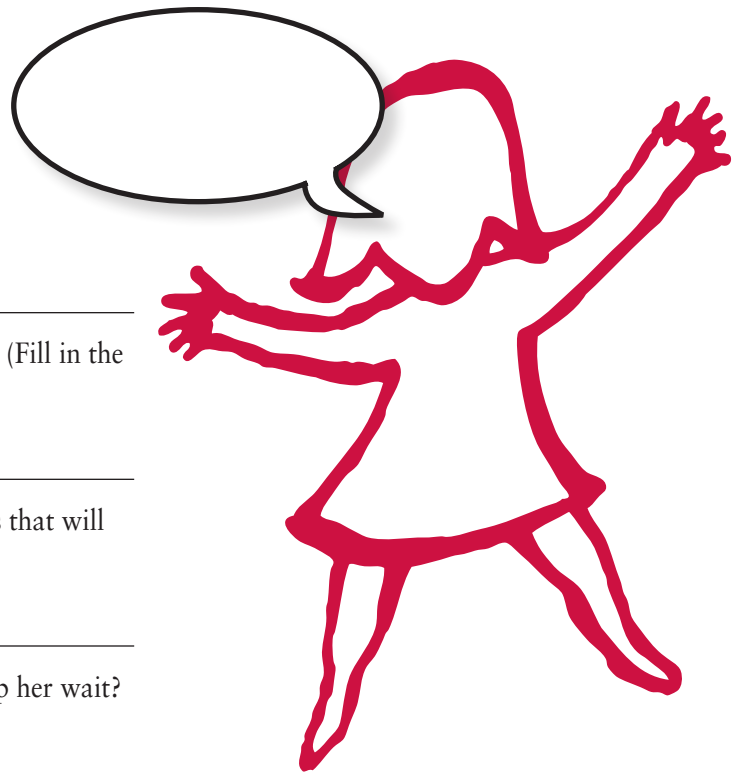
1. This girl needs to wait. What do you think she is waiting for?

2. She is very excited. How should she breathe to help herself calm down?

3. What can she say to herself that will help her wait? (Fill in the speech bubble.)

4. What is something quiet she can do while she waits that will not distract others?

5. Is there anything else you can think of that will help her wait?



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