

# Use Your Words

## Primary Objectives

1a. Manages feelings

## Why It's Important

Social conflicts can arise daily in your child's life, but he is not born with the skills to know how to express himself in these situations. You can model appropriate dialogue and conflict resolution techniques to help him get through social issues such as sharing and making friends.

## Materials

None

## What You Do

1. Look for opportunities to demonstrate to your child how to express feelings in acceptable ways.
2. Watch how your child deals with frustration or anger in social situations, and support his learning by helping him think of how he can express his emotions appropriately. *I see that you are upset that John knocked down your castle. Say this to him: "I don't like it when you knock my castle down."*
3. Use expression in your voice and face as you model the correct behavior. Encourage your child to match the tone of your voice when he repeats your words.
4. If needed, get down to your child's eye level to support him as he expresses himself. Step back when you notice your child feeling more comfortable standing up for himself.