



Look at me!

Busy parents have a lot to do, every day. What can you do when your child needs extra attention?

What can I do when...

...I see my child feeling strong emotions?

Ask your child how he feels and show that you care.

"You are frustrated that you can't find your shoe? I'm sorry."

...my child struggles?

Let your child know you are there and will help if he needs it.

"Do you want me to help you carry that heavy bag?"

...my child succeeds?

Celebrate together!

"Wow! You kept trying and you fit all the pieces in the box."



*I like
when we
celebrate!*



Let your child know that you are paying attention—and that you will help when problems come up. Your child will feel more secure and able to take risks in learning and interacting with the world.

For more information, contact us at: NCQTL@UW.EDU or 877-731-0764.

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