



What Is My Child Learning?

Your child is learning how to ask assertively for help from an adult when he or she is stuck and doesn't know what to do.

Why Is This Important?

When there is something children don't understand, being assertive helps them continue to learn rather than being stuck.

Ask your child: What can you do when you are stuck and don't know what to do? *Second Step* answer: **First try really hard by myself to figure it out. Then ask another student for help. If I still can't figure it out, ask a teacher or another adult for help.**

Can you show me how it looks and sounds to ask for help assertively?
(See the poster at right.)

Be Assertive

- Face the person you're talking to.
- Keep your head up and shoulders back.
- Use a calm, firm voice.
- Use respectful words.

Practice at Home

Notice when your child is getting frustrated with a difficult or new task, such as tying shoes or reading a book. Give your child enough time to try to figure it out alone before reminding him or her to ask you for help. For example:

I see that you are starting to feel frustrated about trying to read that page. If you would like some help, you can say: "Excuse me. Can you please help me read these words?" Wait and let your child ask you assertively for help. Make sure that you give him or her the needed help soon after being asked.

Activity

Ask your child these questions and write his or her responses in the spaces below.

When is a time when you need help at home or at school? Help your child think of an example.

What could you say to ask for help assertively? Help your child decide what to say. Then have your child practice saying it to you.

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