

## REFRIGERATOR NOTES CHILD-DIRECTED PLAY

- Follow your child's lead and interests.
- Pace at your child's level —give your child time.
- Encourage your child's curiosity to explore new activities
- Avoid competing with your child.
- Don't focus on the "correct" way or specified rules for a game or an activity
- Be an attentive and appreciative audience.
- Model cooperation by doing what your child asks you to do.
- Praise and encourage your child's self-discovery and creativity; don't criticize.
- Engage in pretend play with your child (e.g., puppets, playing house, toy tele-phones).
- Use descriptive comments instead of asking questions.
- Curb your desire to give too much help; encourage your child's problem solving.
- Laugh, have fun and share your feelings of joy.
- Remember the attention principle, and focus on giving your attention to your child's positive rather than negative play behaviors.





## Refrigerator Notes Facilitating Children's Language & Pre-School Readiness Skills: Parents as "Academic & Persistence Coaches"

"Descriptive commenting" is a powerful way to strengthen children's language skills. The following is a list of actions, behaviors and objects that can be commented upon when playing with your child. Use this checklist to practice descriptive commenting concepts.

<b>Objects, Actions</b>	<b>Examples</b>
_____ colors _____ number counting _____ shapes _____ names of objects _____ sizes (long, short, tall, smaller than, bigger than, etc.,) _____ positions (up, down, beside, next to, on top, behind, etc.,)	"You have the red car and the yellow truck." "There are one, two, three dinosaurs in a row." "Now the square Lego is stuck to the round Lego." "That train is longer than the track." "You are putting the tiny bolt in the right circle." "The blue block is next to the yellow square, and the purple triangle is on top of the long red rectangle."
<b>Persistence</b>	
_____ working hard _____ concentrating, focusing _____ stay calm, patience _____ trying again _____ problem solving _____ thinking skills _____ reading	"You are working so hard on that puzzle and thinking about where that piece will go." "You are so patient and just keep trying all different ways to make that piece fit together." "You are staying calm and trying again." "You are thinking hard about how to solve the problem and coming up with a great solution to make a ship."
<b>Behaviors</b>	
_____ following parent's directions _____ listening _____ independence _____ exploring	"You followed directions exactly like I asked you. You really listened." "You have figured that out all by yourself."

## REFRIGERATOR NOTES

### Building Blocks for Reading With CARE



- C** Comment, use descriptive commenting to describe pictures. Take turns interacting, and let your child be the storyteller by encouraging him/her to talk about the pictures.
- A** Ask open-ended questions.  
"What do you see on this page?" (observing and reporting)  
"What's happening here?" (storytelling)  
"What is that a picture of?" (promoting academic skills)  
"How is she feeling now?" (exploring feelings)  
"What is going to happen next?" (predicting)
- R** Respond with praise and encouragement to your child's thinking and responses.  
"That's right!"  
"You are really thinking about that."  
"Wow, you know a lot about that."
- E** Expand on what your child says.  
"Yes, I think he's feeling excited, too, and he might be a little scared as well."  
"Yes, it is a horse; it's also called a mare."  
"Yes, that boy is going to the park. Do you remember going to the park?"

# Refrigerator Notes

## Facilitating Children's Emotion Learning: Parents as "Emotion Coaches"



Describing children's feelings is a powerful way to strengthen your child's emotional literacy. Once children have emotion language, they will be able to better regulate their own emotions because they can tell you how they feel. The following is a list of emotions that can be commented upon when playing with a child. Use this checklist to practice describing your child's emotions.

Feelings/Emotional Literacy	Examples
<input type="checkbox"/> happy <input type="checkbox"/> frustrated <input type="checkbox"/> calm <input type="checkbox"/> proud <input type="checkbox"/> excited <input type="checkbox"/> pleased <input type="checkbox"/> sad <input type="checkbox"/> helpful <input type="checkbox"/> worried <input type="checkbox"/> confident <input type="checkbox"/> patient <input type="checkbox"/> having fun <input type="checkbox"/> jealous <input type="checkbox"/> forgiving <input type="checkbox"/> caring <input type="checkbox"/> curious <input type="checkbox"/> angry <input type="checkbox"/> mad <input type="checkbox"/> interested <input type="checkbox"/> embarrassed	<ul style="list-style-type: none"> <li>• "That is frustrating, and you are staying calm and trying to do that again."</li> <li>• "You look proud of that drawing."</li> <li>• "You seem confident when reading that story."</li> <li>• "You are so patient. Even though it fell down twice, you just keep trying to see how you can make it taller. You must feel pleased with yourself for being so patient."</li> <li>• "You look like you are having fun playing with your friend, and he looks like he enjoys doing this with you."</li> <li>• "You are so curious. You are trying out every way you think that can go together."</li> <li>• "You are forgiving of your friend because you know it was a mistake."</li> </ul>

### Modeling Feeling Talk and Sharing Feelings

- "I am proud of you for solving that problem."
- "I am really having fun playing with you."
- "I was nervous it would fall down, but you were careful and patient, and your plan worked."

## REFRIGERATOR NOTES

### Promoting Your Child's Self-Regulations Skills



- Try to understand what your child is feeling and wanting
- Describe your child's feelings (don't ask him what he is feeling because he is unlikely to have the words to tell you)
- Label your child's positive feelings more often than his negative feelings
- Praise your child for self-regulation skills such as staying calm, trying again when frustrated, waiting a turn, and using words
- Support your child when he is frustrated
- Model and give your child the words to use to express his needs (e.g., "you can ask her for the truck")
- Help your child learn ways to self-regulate such as taking a deep breath
- Model feeling language yourself. For example, "I am proud of you," or "I'm having fun playing with you."