

Helpers

Primary Objectives

8b. Follows directions

Why It's Important

As children learn to be a member of a group, they begin to accept that other people's needs are also important. Providing your child with opportunities to help others supports her development of this understanding.

Materials

None

What You Do

1. Watch for opportunities for your child to help you or another family member or friend during daily activities and routines.
2. At lunchtime, explain to your child that it is time to set up for lunch. Ask her to finish her play and help you with the preparations. *Please get the paper cups while I get the milk from the refrigerator.*
3. After lunch is over, she can help you again by throwing the cups in the trash.
4. Observe your child's reaction to your request for help. Acknowledge her contribution to the group, and describe why the behavior was helpful. *You gave everyone a cup, so now we can all drink our milk.*
5. As your child becomes more practiced with helping behaviors, pair her with a friend to share helpful tasks. *Will you and Johnny please help me set up for play? If you each take a handle you will be able to carry this heavy bucket of blocks to the center of the room.*
6. Look for other times of the day when your child can help. Notice when she helps without being asked, and always acknowledge her contribution.