

Family Activities



School Readiness Skill: Attends to tasks and seeks help when encountering a problem

Preschool age children attend to most tasks for short periods of time. Learning to work until tasks are finished or problems are solved can be difficult for this age group. Many times they are reluctant to seek adult assistance when faced with challenges out of fear the adult will be disappointed in them.

OK to Ask for Help

Children should be taught that it is okay to ask for help when they encounter problems. Parents can encourage their child to come to them when they are unable to solve the problem on their own or to resolve a conflict they may be having. Talk with your child about the importance of letting you know when he or she is having difficulties. Let your child know that you want to help.



Time on Task



Four and five year olds are able to attend to tasks for short periods of time (10-20 minutes). It is unrealistic to expect your child to sit through a lengthy story or wait an extended period of time without something to keep him or her busy. Start by giving your child simple tasks to complete and praise him or her once it is completed. You can then move on to activities that require a longer time to complete as his or her confidence level and time on task increases.

Increase Challenge

Start off by giving your child simple tasks to complete such as easy puzzles or games. Over time, as your child masters these games, you can increase the challenge by gradually introducing harder puzzles and games. Always monitor your child's progress and gauge their frustration level and adjust the level of difficulty accordingly.



Personal Stories



Young children sometimes feel embarrassed to ask for help or are unsure of how to ask for help. Parents can help their child be at ease in asking for help by telling stories about their own childhood experiences when they had to ask for help when encountering a problem.



I Want To Do It Myself! A little princess story by Tony Ross
I Can Do It Myself by Diane Adams
My Friend Rabbit by Eric Rohmann