

Date:



More on talking to help children learn

The way we talk to children says a lot about how we view them. It also affects how they interact and what they learn.

Here are some things you can try to help your child:

- Give him lots of chances to communicate his ideas—even if his words are not clear or he doesn't use words at all. Watch him really closely and you will notice when he tries to tell you things.
- Give him choices of things he can do or try. The choices can be really simple. For example, "Do you want to put your shirt on first or your pants?" or "Do you want orange juice or apple juice?"

Dear Parents:

Your child has shown really nice progress in controlling his hands and feet and in using his turtle breathing. Now we are working on controlling the volume of his voice. He is learning that he can control how loud his voice is and how quiet he can be. He can also use a normal voice—that's the term we are using for an everyday voice.

Practicing self-regulation at home

Practice different voice volumes at home. Try singing parts of songs really quietly or loudly. Use the pictured attached to help remind your child. Whisper favorite rhymes. You can combine the different voices with ways of moving. For example, you can stomp and growl loudly like a bear or whisper while walking like a spider. Try different variations but keep it fun and playful.

Try different ways throughout the day. Be sure to ask your child what voice he wants to use. Try out different voices when you play games in the yard or park.

Controlling voice in everyday life

We are heading into the time for your child to learn when and where to use his voice control. When should use his quiet voice? When can he use his loud voice and when do you prefer for him to use a normal voice?

We need to help him know when different voice loudness is appropriate. That way, he can learn when he needs to self-regulate. In order to begin working on this, we need to know what is important for your child and your family.

Think about situations **at home**. When should your child use a quiet voice? For example, if someone is sleeping, you will probably want everyone to be quieter. Think about when your child is out **in the commu-**



nity. When is it okay to use a loud voice? For example, it is usually all right to yell when you are at the park but not when you are in the car. Add as many ideas as you want to the form below. Once you have written in at least a few ideas in each column, please send it back to us so we can start working on these things.

Please don't work on the things you put on the list just yet. We want to try them out and see what strategies work best. We'll send the list back to you with some ideas and suggestions.

How I want my child to control his voice in these places: (carefully describe the situation and what you would like to see your child do)

At home	In the community

Increasing your child's independence

Independence means that your child can do more things on his own. He can make reasonable choices and not just depend on other people to tell him what to do. It doesn't mean that your child can do anything he wants. Of course, he needs to follow basic rules.

As with any child, this all takes time but we can make little steps now. By working on self-regulation skills, we are helping him along this journey. Other things you can do to help him become more independent include:

- Letting him make choices for the family — should you have peas or carrots for supper?
- Giving him a simple reason for doing things—we walk slowly at the pool so our feet don't slip.



Sometimes it's okay to use a loud voice.