

PYRAMID MODEL:

WHAT DOES THIS MEAN FOR MY CHILD AT HOME?



WHAT TO DO WITH CHALLENGING MOMENTS

- Recognize frustration
- Interact at their eye level with a soft voice
- Teach calming strategies such as taking deep breaths, using a quiet/calming place



PLAYING WITH YOUR CHILD

- Take time to explore new activities with your child
- Give a daily dose of focused attention as it helps children feel loved and cared for



ENCOURAGING INDEPENDENCE

- Allow children to help with daily tasks (loading dishwasher, sorting laundry, etc.)
- Show love: Children will make mistakes while they learn, they need regular assurance that they are loved



HELPING YOUR CHILD WITH RULES & ROUTINES

- Offer choices when appropriate
- Foreshadow upcoming events and activities
- Provide warnings for transitions throughout the day



SUPPORT YOUR CHILD'S UNDERSTANDING OF FEELINGS

- Talk about and share your own feelings
- Identify and discuss feelings with your child while they are young
- Developing feelings vocabularies can help children express themselves so that we can meet their needs



RECOGNIZE YOUR CHILD'S POSITIVE BEHAVIOR

- Give clear and specific positive praise
- Encourage intrinsic motivations for behavior (feeling proud of themselves)