

# Skills that every child needs

LIFE SKILLS ARE LEARNED THROUGH REPETITION AND PRACTICE

## Communication

- Practice and develop communication skills with your child by using correct language and words.
- Successful communication helps a child develop self-awareness and the ability to solve problems.

## Self-Discipline and Self-Control

- Using appropriate words to describe feelings helps a child learn self-awareness and express themselves appropriately.
- Help your child learn to wait. Waiting helps children learn self-control. Make the wait-time short and give your child something to do in the meantime.

## Belonging

- Children need to feel accepted and loved by others. This begins at home.
- Without acceptance or group identity, a child may feel rejected and lonely without a sense of “family”, or “group”.
- Create a community within your own family with family traditions and activities.

## Choices and Outcomes

- Give your child choices and allow them to make decisions at an early age.
- Choices need to be appropriate for the child’s age and abilities.
- Children who are not given choices may not learn basic coping skills, or develop good decision making skills as they get older.

