



Help a Friend Feel Better

Notice when someone is hurt and think of a caring response.

Helps Your Child Grow



Emotional Functioning

Noticing another child's expression and choosing a caring response gives your child real-world practice recognizing feelings and showing concern.



Communicating and Speaking

Thinking of several ways to help and explaining a choice gives your child practice expressing ideas with more specific language.

Steps

- When another child falls, use the moment for a small practice in caring.
- Help your child notice: "Look - what happened?" Then ask, "How do you think they feel?"
- Wonder together about what might help: "What could we do to comfort them?"
- If the moment is appropriate, go over together. Your child might ask, "Are you okay?" offer a tissue, or help pick something up.
- If your child does not act, notice what someone else does: "That older child helped them stand. We could help someone that way too."
- Explain that if the child seems badly hurt or keeps crying, finding a teacher or another adult is an important way to help.

Tips

- Ask an open question such as, "How do you think they feel?" Then wait instead of supplying the answer.
- When your child offers comfort, acknowledge the specific action: "You brought them a tissue. That was thoughtful."
- Understanding that someone needs help may come before taking action. Noticing and talking about the situation are meaningful steps too.

Observations

- Shows concern when an unfamiliar child is hurt, such as asking what happened
- With your prompting, names several ways someone could comfort another person