



Say I Like It

Help your child notice something they like about themselves.

Helps Your Child Grow



Sense of Identity and Belonging

Responding to your child's choices across different activities helps them recognize and express their own interests and individual preferences.



Communicating and Speaking

Listening closely and asking for details gives your child practice saying what they like, why they like it, and what they want to do.

Steps

- If your child often copies another person's choice or cannot decide, create low-pressure chances to express a preference.
- Do not choose before they speak or label them as shy. Begin with two clear options: "Would you like the round stickers or the star stickers?"
- After the choice, ask why. If the answer is hard, make the question concrete: "Do you like the color or the shape?"
- Notice preferences in art and play too. Ask about a selected color, pattern, action, or method.
- Describe the decision - "You chose this shape" - instead of offering only general praise.
- Being heard helps your child experience that their own likes and ideas matter.

Tips

- It is natural for your child's interests to change with time and experience. Each new preference is part of discovering new ideas and getting to know themselves.

Observations

- ☐ States a preference, such as "I like the star sticker."
- ☐ Shares more of their own ideas in response to specific questions