



A Caring Little Helper

Comfort and bandage a family member in a gentle pretend-care game.

Helps Your Child Grow



Emotional Functioning

Watching you comfort someone and joining with a manageable caring action gives your child practice expressing concern through what they do.



Imitation and Symbolic Representation and Play

Pretending that someone is hurt, offering care, and receiving thanks helps your child represent familiar experiences of injury, comfort, and help.

Steps

- Play a family-care game. One caregiver pretends to need help while another stays with your child and models what to do.
- The first caregiver might pretend to stumble and say, “Ouch. That hurts a little.”
- Respond gently: “It’s okay. I’m here.” Invite your child to offer a soft pat or touch.
- Bring a small towel, an adhesive bandage, or a toy medical kit and let your child pretend to wipe or bandage the sore spot.
- If your child is unsure, offer two concrete choices: “Would a teddy bear or a bandage help?”
- After the care is complete, the first caregiver can thank your child with a smile, hug, or kiss so the exchange ends warmly.

Tips

- Use a clear expression and slightly exaggerated voice so your child notices that the caregiver needs comfort.
- If your child stays still and watches, let them observe how you respond before inviting them again.

Observations

- ☐ Gently pats the caregiver after noticing the pretend injury
- ☐ Pretends to bandage the caregiver’s sore spot