



Show You Care

My friend fell down. How can I help them?

Helps Your Child Grow



Emotional Functioning

Noticing how a friend responds to hurt or sadness gives your child practice recognizing another person's distress and choosing a caring response.

Steps

- If another child falls and cries during play, invite your child to think about how they might show care.
- First, notice whether your child pauses, looks over, or approaches.
- If they are still absorbed in play, gently draw their attention to what happened: "Your friend fell and is crying because it hurts."
- Remind your child to find the other child's caregiver so an adult can check for an injury.
- After the caregiver confirms that the child is okay, encourage a simple caring question: "Are you okay?" or "Does it still hurt?"
- Ask what might help. Your child could offer a tissue, sit nearby, or bring a bandage or ice pack if the caregiver asks for one.

Tips

- Helping a stuffed animal get dressed, eat, or fall asleep is already a way of showing care. Follow your child's lead and describe the caring action you notice.

Observations

- ☐ Stops playing and comes over to look when another child falls
- ☐ Clearly tells the other child's caregiver what happened