



Find Help Together



Find Someone Who Can Help

Use a small challenge to help your baby express what they need and turn to a trusted adult when something is too difficult to do alone.

Helps Your Child Grow



Relationships with Adults

Practicing what to do when a box is hard to open helps your child turn to a trusted adult and express a need for help.

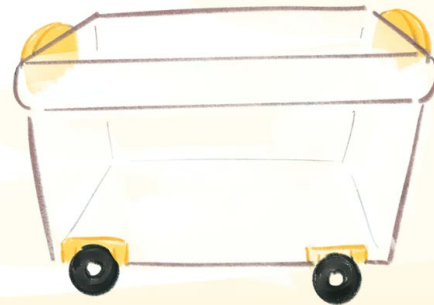


Attending and Understanding

Hearing and responding to simple phrases about help helps your child understand how words and gestures can be used to ask for assistance.



What You'll Need



1. Clear Plastic Box



2. Favorite Toy

What You'll Need

1. A clear plastic box your baby cannot open alone
2. A favorite toy



What Can We Do?

When your baby cannot open the toy box, watch what they do. If they become frustrated, ask, “Do you need help?” Once they agree, take the box and pretend that you cannot open it either. Suggest finding Dad so your baby can practice seeking help.

Observations

- Tries different ways to open the box
- Calms with your comfort after becoming upset

Tips

- Even if your baby already comes to you for help, continue the game so they can see that adults ask other people for help too.
- Notice signals such as looking up at you, taking your hand, or bringing you the box. Respond when your baby uses one of them.
- Pretending that you also need help creates a reason for your baby to approach Dad instead of simply waiting for you to solve the problem.



Ask Dad for Help

Go with your baby to find Dad. Encourage your baby to lead him to the box. If they stop beside it, gently remind them to hand the box to Dad. After he opens it, say thank you together.

Observations

- ☐ Goes to Dad to seek help
- ☐ Claps happily after Dad opens the box

Tips

- Use phrases such as “Help us” and “Help me” naturally during the activity so your baby can connect the word help with solving a problem.
- When another small challenge comes up, use the same approach to help your baby replace crying with a clearer request for help.



Please Help Me

Let Dad stay and play nearby. If your baby becomes frustrated with the closed box again, wait to see whether they ask him for help. Offer a gentle reminder if needed. When your baby hands over the box, respond and help them open it.

Observations

- Hands the box to Dad to ask for help
- Responds to your reminder to hand over the box

Tips

- As you help, demonstrate how the box opens and let your baby try. It is okay if they still do not have enough strength.
- Let your baby try first. If frustration begins to build, use a word and gesture to remind them that they can hand you the box.
- Putting the toy back can be part of the game too. Tidy up with your baby, close the box, and see whether they want to ask for another round.