



How Do I Ask for Help?

Each day, young children are faced with many situations. It's sometimes difficult to determine if, when, and how they should ask others for help. Knowing when they need help and being able to use the correct language to communicate what they need effectively requires self-awareness and relationship skills.

Here are questions children can ask themselves to determine whether they need to ask for help:

1. **WHAT** do I need help with?
2. **WHO** can give me the help I need?
3. **WHEN** is it appropriate to ask for help?
4. **HOW** can I ask for help?

Learning the skill of asking for help is essential for getting necessary assistance from the right person.

Building Your Child's Social and Emotional Competence

Relationship skills and self-awareness are social and emotional learning competencies that help children establish and maintain healthy and rewarding relationships with diverse individuals and groups. These activities help children build essential relationship skills.

Count It!

Ask your child to think back on their activities over the past few days. Have them tell if they asked for help or handled things themselves. Then have your child list their activities. Allow your child to draw or dictate if necessary. Finally, have your child count the number of times they asked for help and the number of times they handled things themselves.

Compare and Contrast!

Have your child complete a compare and contrast activity. Give your child two situations—one in which a person asks politely and receives and one in which a person asks rudely and does not receive. Have your child compare and contrast the methods of asking and the results and decide which method is more effective.

Many children are experiencing feelings of uncertainty, anxiety, and fear due to the onset of COVID-19. They need a chance to share their thoughts and feelings and ask questions. Make sure you are accurately informed and ready to educate your child knowing the information is evolving all the time. Get information from: The Centers for Disease Control (CDC) at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

