Kimochis®

building a school-to-home connection

HOMELINKS WEEK 9

Key 4

This week, your child learned the fourth Kimochis® Key to Communication: **Choose helping words**. This key helps us to both think before we speak and consider our word choices. Typically, children acquire a basic ability to understand another's perspective between 3 and 4 years of age.[1] This allows them to become caring people. However, they will need modeling and practice to do so. In our lesson, we talked about words that make hearts feel good and words that hurt feelings and your hearts. Your child knows that everybody makes mistakes and can accidentally use words that hurt. Your child learned to use the following communication tool when hurting words are used:

1. Place your hand over your heart.
2. Show a gentle, but hurt facial expression.
3. Make eye contact with the person who hurt you.
4. Say, "Ouch" in a soft, but hurt tone.

The children now know that this is a safe, kind way to express hurt feelings. If a mistake is made, family members can use this tool so they can apologize and make things better.

See reverse for ways your entire family can learn from this week's lesson!

1 Landy, A. 2009. Pathways to Competence: Encouraging Healthy Social and Emotional Development in Young Children. 2nd ed. Baltimore: Brookes Publishing

YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
© 2014 Kimochis – Plushy Feely Corp. • www.kimochis.com

Common Language

Helping words: Positive words that resolve feelings and conflicts
Hurting words: Negative or loaded words that create upset feelings
"Ouch": Said in a soft voice with hurt facial expression to let the person know in a gentle, shame-free way that they hurt your feelings

Coach Key 4 During Daily Activities

- Guide your child to use helping words in challenging situations. For example, if your child is frustrated because you can't say yes to a request, say, *"Lena, you can tell Mommy, 'I feel frustrated.' "*
- Acknowledge children's attempts to use helping words: *"I hear Sissy using helping words!"*
- Before an activity that might create upset feelings, remind your child how they can use *"Ouch"* to let their friends or siblings know that a moment was hurtful. Predict what might happen that would make play not so much fun. Then create a communication script for that specific moment. For example, if you predict that turn-taking and sharing will be challenging, remind your child that they can say, *"Remember, we take turns."*
- Be mindful to choose helping words yourself. When you can see, hear, and feel that your word choice was hurtful, be brave and apologize and start again. *"Oops, I want to try again and use my helping words."*

Family Fun: Playful Ways to Practice

- **SILLY WORDS.** It can be fun for families to make up words that only your family knows. For example, *"jumpy"* could be your family's way of saying, *"This is so fun!"*
- **FAVORITE EXPRESSIONS.** Children benefit from learning helpful proverbs that you might have learned as a child. For example, *"Two wrongs don't make a right."* One has to regulate emotions with positive communication tools when someone wrongs you. For example, if someone grabs from you (wrong), you can use the Talking Hand (right)!
- **OFF-LIMIT WORDS.** Young children go through a developmentally normal period when they use "bad" words. Discuss as a family how to think before speaking and make sure to avoid hurtful words. Name words that are off-limits. Explain that if you hear these words, you will make eye contact and shake your head to say, *"No, we don't say these words."*

YOU HAVE PERMISSION TO REPRODUCE AND SHARE THIS PAGE
© 2014 Kimochis – Plushy Feely Corp. • www.kimochis.com