Kimochis®

building a school-to-home connection

HOMELINKS WEEK 10

Key 5

This week, your child learned the fifth Kimochis® Key to Communication: **Redo hurtful moments.** This key helps us remember to own and name our mistakes by apologizing and making things right. Although younger children may not always realize when they have said or done something wrong, they need to understand why it's important to say they're sorry. Learning the words "I'm sorry" comes faster than the genuine feeling behind it.[1] As children develop the ability to take the perspective of someone else (between ages 3 and 4), their apology skills will improve. Kimochis® Cat comes with bandages that can help young children understand that hurt feelings are like an injury that needs attention. Children who can learn to **redo communication mistakes** will have healthier and more successful social relationships.

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

1 Severe, S. 2004. How to Behave So Your Preschooler Will, Too. New York: Penguin Books

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

Common Language

Redo: To begin again using positive words and actions

Coach Key 5 During Daily Activities

- Your child will need guidance and coaching to learn how to apologize. When children are in a conflict, say, *"We say sorry when we* [name hurtful situation]*"* to teach children about empathy.
- Acknowledge bravery and kindness when you see your child trying to redo communication mistakes and making an apology.
- Apologize and redo moments when you regret your own behavior. For example, if you yell at your child, say, *"I need to start over. I am mad, but that doesn't make it okay to yell."*
- At bedtime, discuss times during the day when your child handled an upset feeling. Also share how you handled a challenging moment. For example, *"Remember today when I was feeling frustrated because I couldn't find my keys? It really helped me to keep calm and ask you to help me look for them."*

Family Fun: Playful Ways to Practice

- **PLAY-ACT.** Enjoy floor time together and simply play with your child. Ask your child to pretend that you are a friend who forgets to play kindly and fairly. Each time you forget, prompt your child to make eye contact with you and say, "Redo."
- **CREATE A FAMILY REDO SIGNAL.** It is helpful and playful to create a nonverbal signal to tell family members it's time for a redo. For example, when you see your child grab a toy, you can call his/her name, wait for eye contact, and give the redo signal. A very light shake of the head to indicate a "no-no," for instance, can be a very effective reminder to your child that there are kinder ways to handle upset emotions.
- **HABIT REDO.** Each family member can name habits that are hurtful or simply not the way you want to behave. For example, many parents regret raising their voice. You could say, *"I need to work on remembering to use my Talking Voice when I feel upset."* Enlist your family's help by asking them to remind you to redo a moment if you forget. Also, remind them that it is helpful if they can notice when you remember to use a new communication tool. This is the process of undoing unhelpful habits and replacing them with helpful habits. Kimochis® are for everyone, not just little children!

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