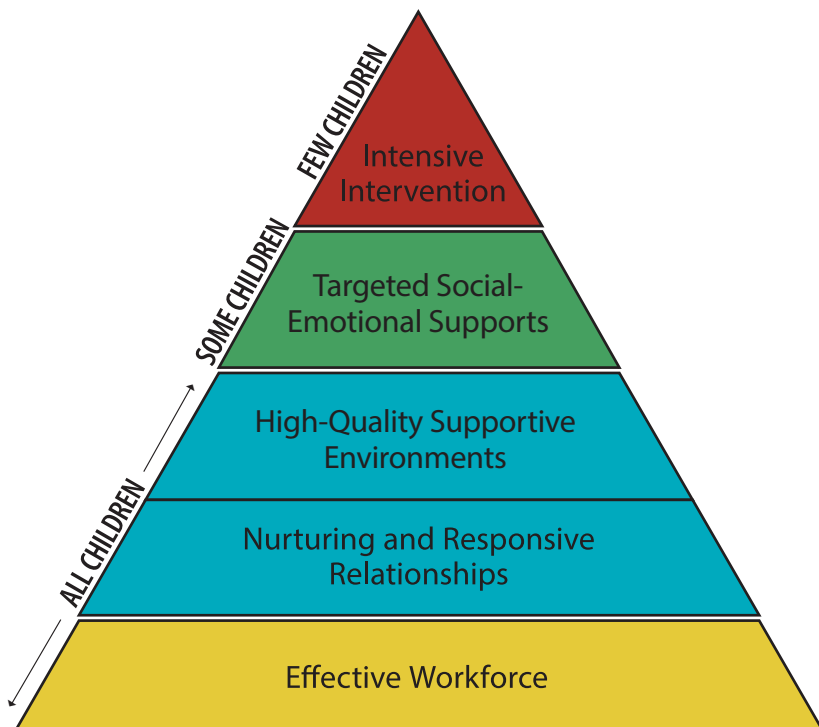


# WE ARE IMPLEMENTING THE PYRAMID MODEL

## What does this mean for my child?





### Help your child in challenging moments.

Being present and in tune with your child helps you to see when his/her level of frustration means he/she may need more help from you. Support your child through these moments by talking in a soft voice and teaching strategies such as taking deep breaths or finding a quiet place to be calm or rest.



### Delight in your child.

Share in your child's happiness when he/she does something new, like discovering his/her hands, building a tall block tower, or getting dressed.



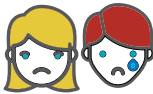
### Encourage your child's independence.

Allow your child to help you with loading the dishwasher, sorting clothes for laundry, getting dressed for the day, and other daily tasks. Children as young as one year old can carry out simple jobs like picking up their toys or putting clothes in the laundry basket.



### Empower your child.

Offer your child choices, such as what to wear for the day or what chair he/she wants to sit on at dinner. Give a five-minute warning before he/she needs to clean up toys. Talk to your baby about what's coming up next and follow the same routine every day when getting ready for bed.



### Support your child's understanding of feelings.

Talk about feelings with your child from the moment he/she is born. This helps your child begin to identify feelings and learn how to respond in ways that fit the situation.



### Catch your child being good.

Let your child know when he/she has done something good by giving clear and specific positive praise. For example, instead of simply saying "Thank you," say "Thank you for putting away the blocks when I asked!"