

Doing Well

I know that you want me to be good. I try really hard to please you. I know mommies and daddies want their children to do well because sometimes when children have troubles, parents worry what other people will think. Sometimes parents worry other people will think they are not very good at being a mommy or a daddy. Lots of parents worry about this. There are a few things I need to help me do my best...

- **I can do my best when I have food in my tummy.** When you are little like me, it is really hard to remember the rules and do what I am supposed to do if my tummy is yelling so loudly inside. If we are in a hurry... something simple and nutritious, like dry cereal or a piece of fruit helps.
- **I can do my best when I have enough sleep.** It is really hard for me to do what I am supposed to do if I don't have enough sleep. When I am sleepy, I might be crabby and cry or have temper tantrums. If I am going to a preschool program and can't sleep as long as I need to in the morning, it will help me do better if I go to bed at the same time each night and get up about the same time each morning. I need more sleep than you do so putting me to bed before you, lets me get the sleep I need and lets you take a break for grownup time.
- **I can do my best when I get help with my worries.** Most grownups think that little children don't have as many worries as other people. We can have lots of worries, even more than other people, because we aren't very good at understanding how the world works. We are very good at noticing all the things that we see and hear that happen around us. This helps us learn all of the things we need to learn, but we get confused and scared easily. We need grownups to protect us from things we don't understand yet and help us know we are safe when we see and hear things that confuse or worry us.



- **I can do my best when I can leave my home worries at home.** This can only happen if you help me with my worries. If you pretend I don't have any worries or aren't careful about what I see and hear, I will take those worries to school. Taking worries to school will make it hard for me to do what I need to do because I will be worried about what happened at home. It will be harder for me to play with my friends and harder for me to follow the rules and listen to my teacher. Talk to me so I can feel better. An idea might be something like this... "I know you heard Mommy and Daddy being angry with each other. Grownups get mad sometimes too. It was about a grownup problem that we need to take care of. Even when we are mad at each other we both still love you and will make sure you get what you need. I'm sorry if you felt scared inside."... Just trying to talk about it helps even if you feel you aren't sure what to say. If you don't say anything, I will be left alone with my worries and won't be able to focus on working and playing at school.

I feel good inside when you help me do my best. I can't do my best without your help!