

Dear Families/Caregivers,

Building a support system is important for getting one's needs met and living a happy and healthy life. Having a strong support system is associated with many positive outcomes, including decreased anxiety and increased positive mood.

As your child gets older, his or her support system will extend beyond family members. In this lesson, your child learned to identify when to ask an adult for help. The students learned these strategies for asking an adult for help:

- **Identify What You Need**

Ask yourself, *What do I need?* Then narrow the answer down to something specific.

- **Determine Who Can Help**

If you cannot do it yourself, and you can't work it out on your own, then identify which professional (teacher, counselor, doctor, etc.) to ask for help.

- **Be Polite**

Words like *excuse me*, *please*, and *thank you* go a long way when asking for the help that you need.

When your child is struggling with something, use these strategies to encourage your child to ask for help first before you intervene. Encouraging your child to ask for help when needed will help him or her gain confidence and independence!

Sincerely,

Your Child's Teacher