Social Skill 1: Getting Someone’s Attention

Practice with children greeting each other:

- Tap on shoulder
- Say their name
- Look at them
- Ask “How would you like to be greeted?”

Practice with asking for a hug to teach children how to interact with each other in a safe way:

- Tap on shoulder
- Ask “Hug please?”

(Teach gestures for nonverbal)

Social Skill 2: Taking Turns

Practice taking turns:

Say “My turn. Your turn.”

Remember to model it!
Conflict Resolution: Teaching Social Skills

D.N.A. = Describe, Name, Acknowledge

D.N.A. helps us teach instead of punish, and increases children’s willingness to learn and use new skills. Infants and Toddlers need to be noticed (describe).

D.N.A. process addresses the child’s brain state first.

Describing helps:
- The adult ATTUNE to child
- The child become aware of body and facial expressions
- The child understand others’ nonverbal signals

D = Describe  “Your face is going like this (demonstrate).” As soon the child makes eye contact, take a deep breath.

N = Name  “You seem ___ (sad, angry, disappointed, frustrated, etc.) ___.”

A = Acknowledge  “You wanted ______.” or “You were hoping ______.” If you aren’t sure what the child wants, take your best guess. The child will clarify.

A.C.T.

Use Positive Intent to see the missing skill behind a hurtful action, and then use A.C.T. to teach that skill.

A = Acknowledge the child’s desire. “You wanted______.” or “You were hoping_______.”

C = Clarify the skill to use. “When you want ________ , say (or do) ________ .”

T = Take time to practice. “Try it now for practice.” or “Let’s do it together for practice.”

<table>
<thead>
<tr>
<th>Age</th>
<th>STEP 1: Set up</th>
<th>STEP 2: Set limit</th>
<th>STEP 3: Tell what to do</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nonverbal</td>
<td>See his face.</td>
<td>His face is saying, “Stop, I don’t like it.”</td>
<td>“Touch me like this.” See his face. He likes it.</td>
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<tr>
<td>1 – 2 years</td>
<td>He doesn’t like it when you ___.</td>
<td>Say, “Stop,” or hold up hand and say “stop.”</td>
<td>“He wants you to ____.”</td>
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<tr>
<td>2 – 3 years</td>
<td>“Did you like it?”</td>
<td>Say, “I don’t like it.”</td>
<td>“She wants you to ____.”</td>
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</tbody>
</table>

Remember:
- Gesture even with verbal children
- Intention is to teach assertiveness
- Empower both children with new communication skills

Set Limits:
- Use many visuals that tell children what to do, where things, go and what is happening next.
- Practice skills daily you want children to learn!
- Focus on behaviors you DO want – Commitments

Attentive Listening:
- First we open our eyes
- Next we wiggle our ears
- Then we close our mouth
- Hmmm, hmmm, hmmm