



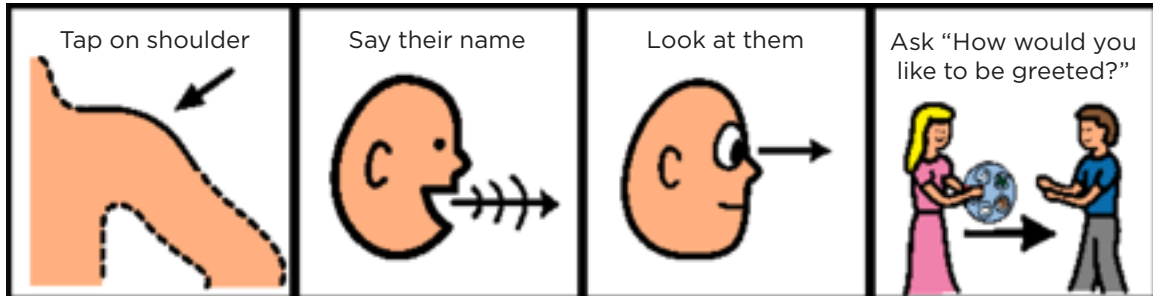
Conflict Resolution: Teaching Social Skills

For Ages 0-3

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Social Skill 1: Getting Someone's Attention

Practice with children greeting each other:



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!





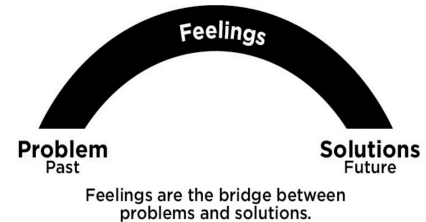
D.N.A. = Describe, Name, Acknowledge

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.

Acknowledge the child’s desire. “You wanted _____.” or “You were hoping _____.”

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

Take time to practice. “Try it now for practice.” or “Let’s do it together for practice.”

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

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