

Dear Family:

We have now completed our formal *Second Step* lessons. Be sure to ask your child about the activity we did to wrap up our exploration of social skills.

The *Second Step* program is designed to teach children social skills that will serve them throughout their lives. Although the lessons may have come to an end, the learning and practicing doesn't stop here. There will be many more opportunities for your child to practice the skills introduced in the lessons. In soccer, we practice on a field. In drama, we practice on a stage. With the *Second Step* program, we practice wherever we happen to be at the time. The positive social skills your child has learned can be further developed wherever she or he is interacting with others.

When opportunities arise to use *Second Step* skills, we encourage you to pause and help your child practice. Here are a few examples:

- **Empathy Training.** Your child has a friend over, and the two of them are trying to decide what game to play. Your child wants to toss the Frisbee, and her friend wants to ride bikes. This is a good time to point out that even close friends may have different preferences. Understanding that preferences can and so differ is an important part of being able to relate to one another in a caring way.
- **Impulse Control and Problem Solving.** Your child becomes very excited and wants to dive into a plate of cookies that his sister has set out as a treat for friends. Take this opportunity to coach your child through the calming-down and problem-solving steps. One solution might be that he gets one of the cookies without a major battle breaking out.
- **Anger Management.** Someone spills juice on your child's favorite book. It looks like she is about to lose her temper. This is a time to remind your child about the steps for What to Do When You Are Angry.

These lessons are just a beginning. Keeping *Second Step* skills going by helping your child practice positive social skills will pay off for years to come.

Please contact me anytime you have questions about the *Second Step* program.

Sincerely,

*Ellen Reilly*

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