

Home Activity: Session 5

Observe a situation when you see your child is upset or stressed.

Talk with your child and use the 4 steps.

Try a new strategy to help your child use the 4 steps.

Home Activity: Session 5

Observe a situation when you see your child is upset or stressed.

Talk with your child and use the 4 steps.

Try a new strategy to help your child use the 4 steps.