



Remind yourself

- **Every child is in a different place in terms of talking**
- **We can choose a few situations to practice bravery**
- **Lots of people have opinions and I know my child best**



When going to someone else's house

- Bring a bag of fun- toys or games that your child likes
- Use a separate room or area to warm up with your child
- Set a reasonable goal
 - child talks to YOU at the table
 - child answers a forced choice question from relative
- Identify rewards for brave talking



Warm up skills

Describe- "I see you checking out the pile of presents"

"You're taking out your book"

Labeled praise-

"Great job sitting with your cousins"

"I love seeing your smile"



Prompting skills

Forced choice questions-

"Do you want milk, juice or something else?"

Reinforce speech-

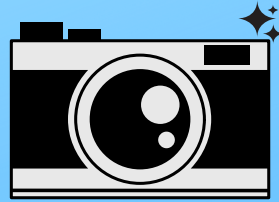
"Thanks for telling me"

"Great answering at the table"



Troubleshooting

PICTURES- if someone tells your child to 'smile,' remind them, "we are still working on that" and praise your child for their effort



THANK YOU- have your child make a thank you card in advance to give to someone if they are not yet able to say thank you

OR

Ask your child "do you say thank you or happy birthday" as your prompt



TEAM WORK

Older kids/teens

Collaborate- Invite your older child/teen to work with you to set a goal



Be creative- Bring in their interests when doing exposures (TikTok, music, movies, etc)



Keep praise casual- consider your child's age



Rewards- Offer incentives that are motivating





DEDICATED TO THE PSYCHOLOGY OF WELL-BEING

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