



What Is My Child Learning?
Your child is learning that repeating directions to yourself helps you remember what to do.

Why Is This Important?
Being able to remember and follow directions helps children be better learners.

Ask your child: What can you do to help you remember directions? Possible answers: Listen. Use the Listening Rules. Focus attention. Use an attent-o-scope. Repeat the directions to myself.

What parts of your body do you need to use to listen and follow directions? Possible answers: My ears, my eyes, and my brain.

Practice at Home

Before giving directions for daily activities, remind your child to listen and focus. Then ask your child to repeat back the directions before starting. For example:

You need to listen and focus on these directions. Wait for your child to focus. **Please take your plate from the table and put it on the counter next to the sink. Now repeat out loud what I asked you to do.**

Activity

Give your child basic directions for how to draw a smiley face in the box. Before giving the directions, remind your child to listen, focus, and repeat the directions before starting to draw. Give the directions one at a time. Sample directions:

1. Draw a big circle for the face.
2. Draw two small circles for the eyes.
3. Draw one circle for the nose.
4. Draw a half circle for the mouth.

Option: Now switch places. Let your child give you directions for a simple drawing.



(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
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