

How to Use This Book

Kids need to learn to get along with other people – kids their own age, older children, adults, and of course, Mom and Dad. *Getting Along With Others* is a useful and enjoyable way to teach your kids acceptable behavior. Very important basic social skills are listed on each page. The skills are broken down into easily understood behaviors that can be learned in a step-by-step fashion. Each time you see your child use a skill correctly, he or she colors in a symbol on the page. When some or all of the symbols have been colored in, your child earns a reward. These charts are excellent ways for your kids to see how well they are doing and how much they are learning. In the process, you will see your child's confidence and self-esteem blossom.

Helpful Hints for Parents

1. Fully explain each skill to your kids. This means describing exactly what your child should do in each step. It's also a nice idea to explain how each skill will help them get along with others. Younger children may need more help and guidance as they learn the skills. Usually, focus on learning one skill at a time.
2. When a skill is performed correctly, praise your child immediately and label the skill. Say something like, "Great job! You followed instructions really well." Be specific when you praise. Name the skill and tell your child exactly what was done correctly.
3. Have your child color in a symbol on the page that corresponds to the completed skill. It's nice to keep the charts in the same place and always make sure you have a special crayon, marker, or pen available.
4. If a skill is too difficult for your children, try one step of the skill at a time and then gradually add another step. On the other

hand, once your child has mastered a skill, don't hesitate to add more steps.

5. Be creative and flexible. Make your own charts. No two kids are the same and they may need to improve in different areas. We've provided six "fill-in-the-blank" charts that you can use to teach skills to your child in the areas where you think he or she needs improvement. Examples of other skills are listed at the end of the book.
6. If your child doesn't do each step of the skill exactly right, don't be afraid to have him or her try again. Practice does make perfect! If there is a skill that is very difficult for your child or one that has been a problem before, you may choose to praise even the smallest improvement. A word of caution, however: If you praise small improvements every time, it may take your child longer to master the whole skill.
7. Make this fun! Your kids should enjoy learning. If they use these skills often enough, the skills will become second-nature to them. When they do, your kids will find out how easy it is to get along with others. And there's no doubt, you're going to enjoy it too!

Setting Up Rewards

Something that's a reward for one person may not be a reward for someone else. Therefore, make rewards for completing a skill special to your child – something he or she likes to do. One child may like to play a game with you or have a friend over; another may like to ride his bike or watch a cartoon show. These everyday and special activities are very effective rewards. Your child should want to earn them. Also, make sure the reward is something you can easily afford to give. Many rewards don't cost any money at all.

On each of these pages, you will see a space for "My Reward." After you and your child agree on what reward will be given and when, write the reward in this space. It's a good idea to make a list of rewards that you will make available. For example, write down your child's favorite activities or interests and let him or her choose what will be used as rewards. Some typical rewards could be: a piggyback ride to bed; a walk in the park; picking a favorite story for bedtime; or getting to ride "shotgun" in the front seat of the car. And don't leave yourself off the list. Smiles, hugs, pats on the back, "thumbs up," and other attention from you means a great deal to your kids. Approval from you is one of the best rewards your children can ever receive.

How Often to Reward

There are 20 symbols to color in on each skill page. Many children, especially younger kids, won't be able to stay interested if they have to wait until the whole page is completed to receive a reward. Therefore, it's a good idea to set a schedule for how and when to give rewards. You can give smaller rewards after your child colors in a set number of symbols and provide a larger reward after he or she successfully completes the whole chart. For example, if you were working on Accepting "No," you could write down a reward schedule on the skill page that says, "When I Accept 'No' three times, Mom will read a book to me," or, "When I Accept 'No' three times, Dad will play catch with me for 15 minutes. When I finish coloring the whole page, Mom and Dad will take me swimming at the park."

Set the reward schedule so that your child has a good chance of being successful. If you make it too hard, your child will not be motivated to learn the new skill. If the skill itself is difficult, you may want to give a small reward each time your child uses it.

Take the time to teach important skills and have fun at the same time. And be sure to praise the living daylights out of your kids for improving their skills at getting along with others!

An Example

You have explained the skill of "Following Instructions" to your child. After your child follows one of your instructions correctly, you might say:

"Great job! You followed instructions really well!"

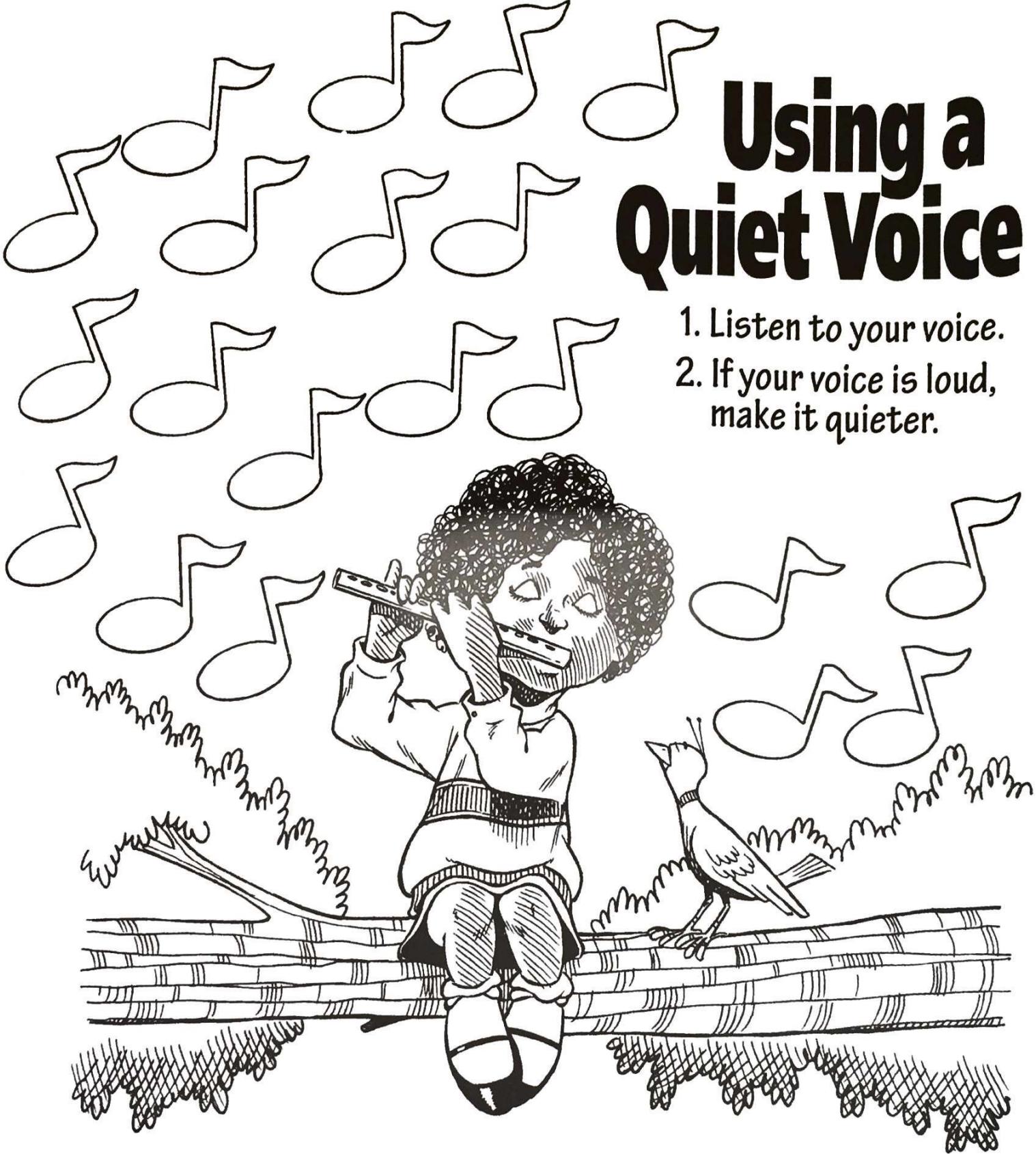
"You looked at me, said 'Okay,' and did what I asked. Then you checked back to let me know you were finished."

"Now you can color in one of the road signs on the page that says 'Following Instructions.' When you color in two more signs, we'll watch your favorite cartoon show together."

"Keep up the good work! You're really learning how to follow instructions well."

Other Skills for Kids

Getting ready for school
Going to bed on time
Dealing with teasing
Controlling anger
Answering the phone
Playing nicely with others
Sticking up for myself
Helping out around the house
Being on time
Greeting others
Talking with others
Dealing with fear
Expressing affection
Negotiating
Avoiding trouble with others
Being a good sport
Staying on task



Using a Quiet Voice

1. Listen to your voice.
2. If your voice is loud,
make it quieter.

Name: _____

My Reward: _____

Asking for Help



1. Decide what you need help with.
2. Decide who can help you.
3. Look at the person when you ask for help.
4. Say "Please" and "Thank you."

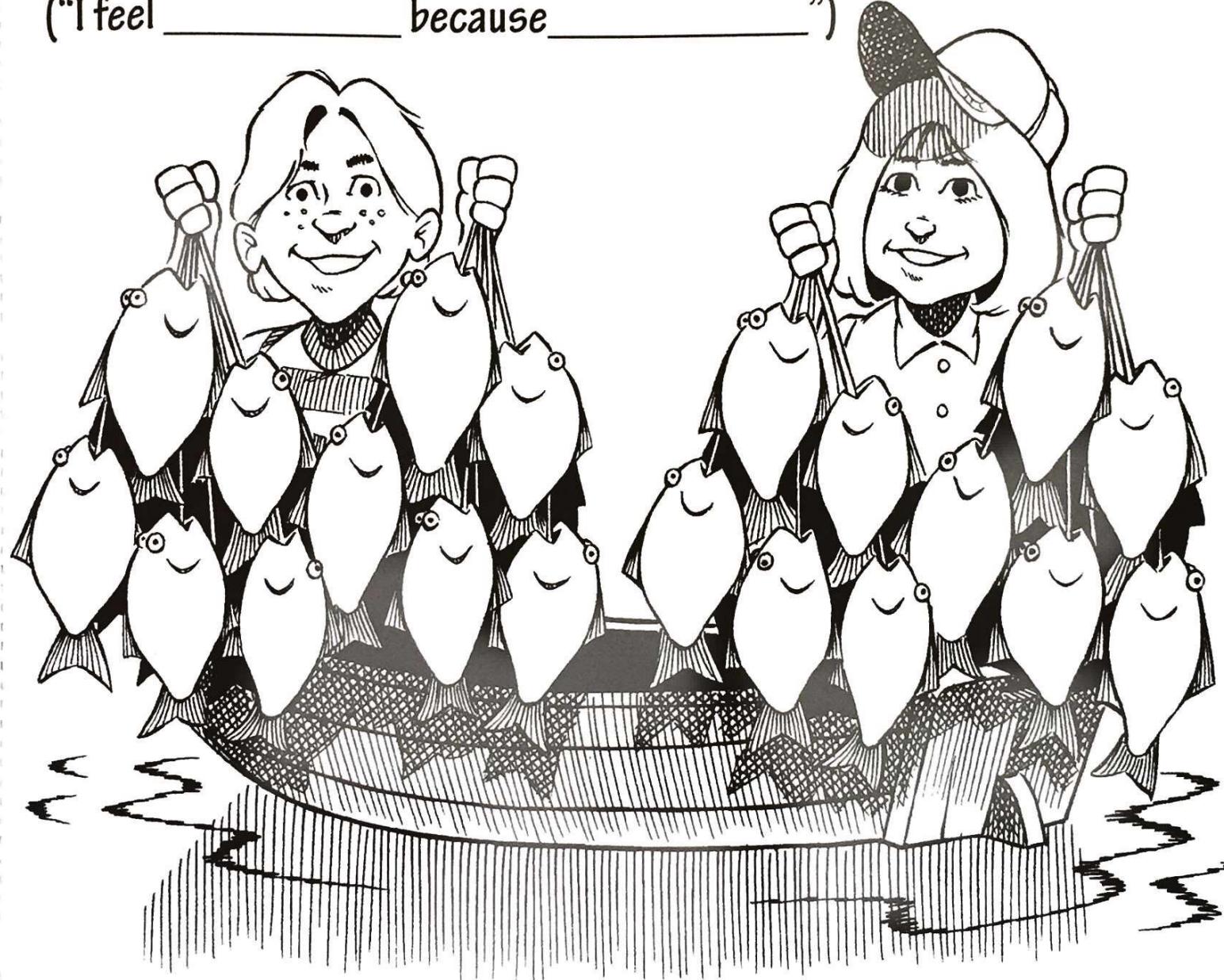
Name: _____

My Reward: _____

Sharing Your Feelings

1. Look at the person.
2. Use a quiet voice.
3. Tell the person how you feel and why.

("I feel _____ because _____")

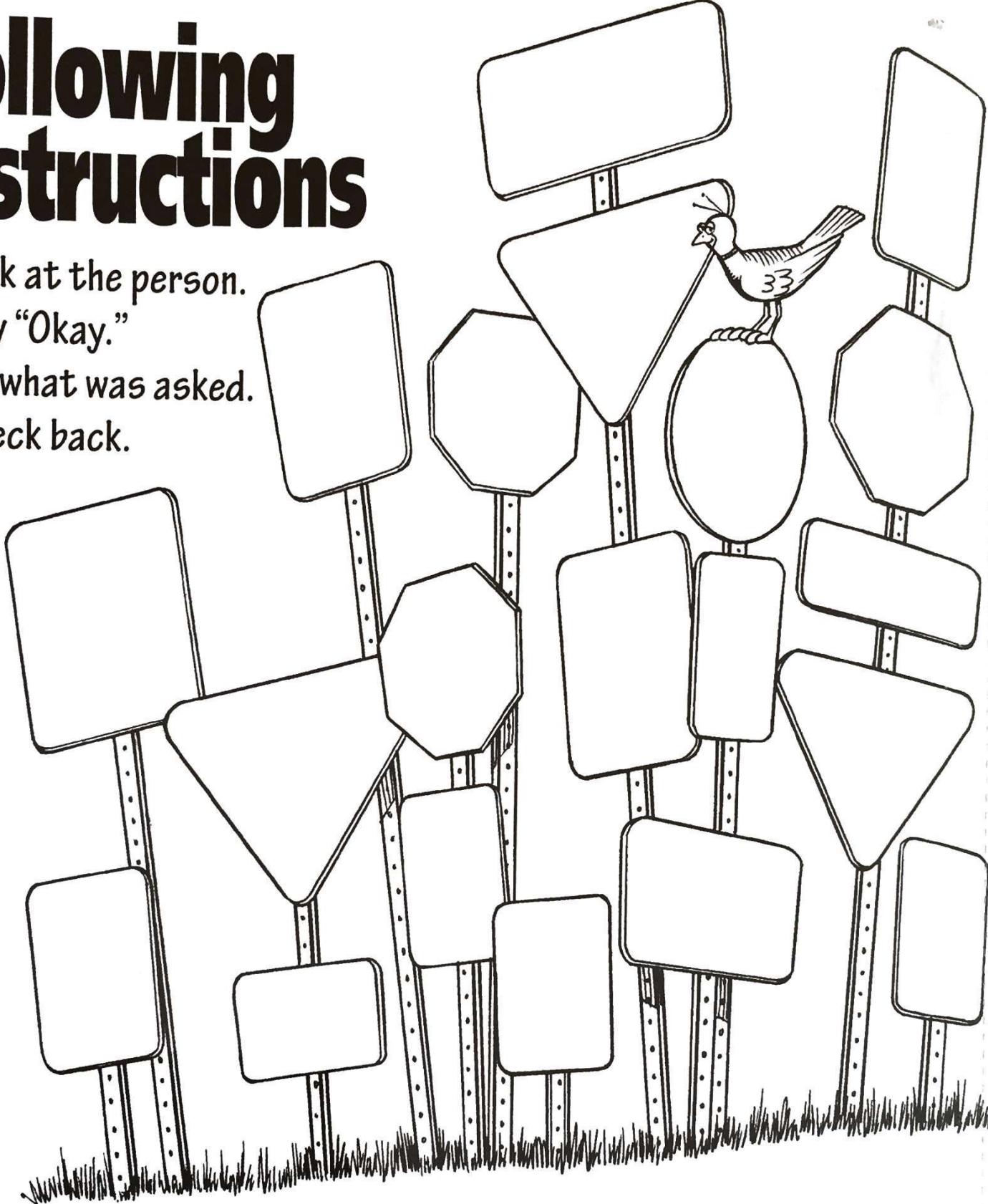


Name: _____

My Reward: _____

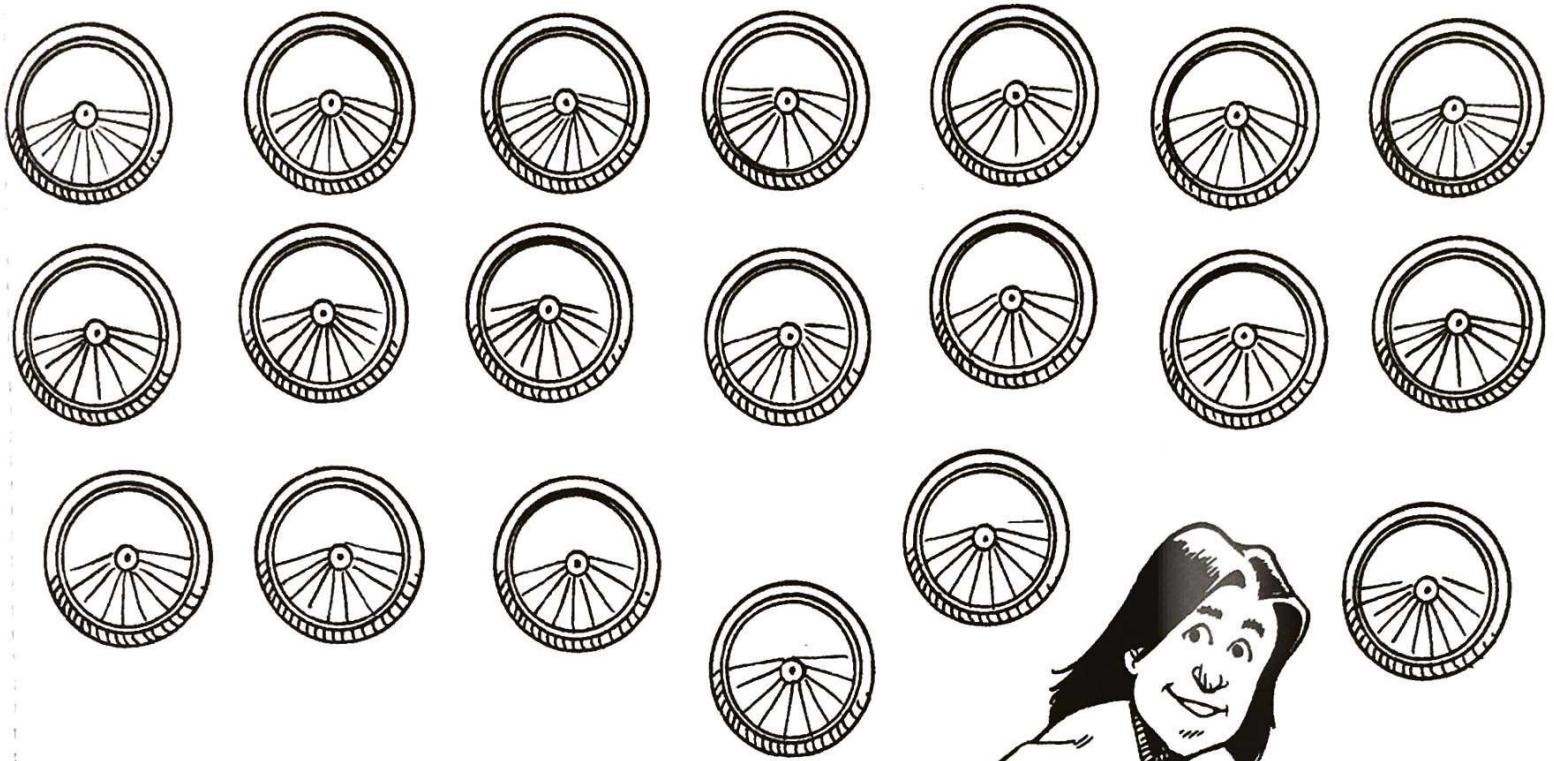
Following Instructions

1. Look at the person.
2. Say "Okay."
3. Do what was asked.
4. Check back.



Name: _____

My Reward: _____

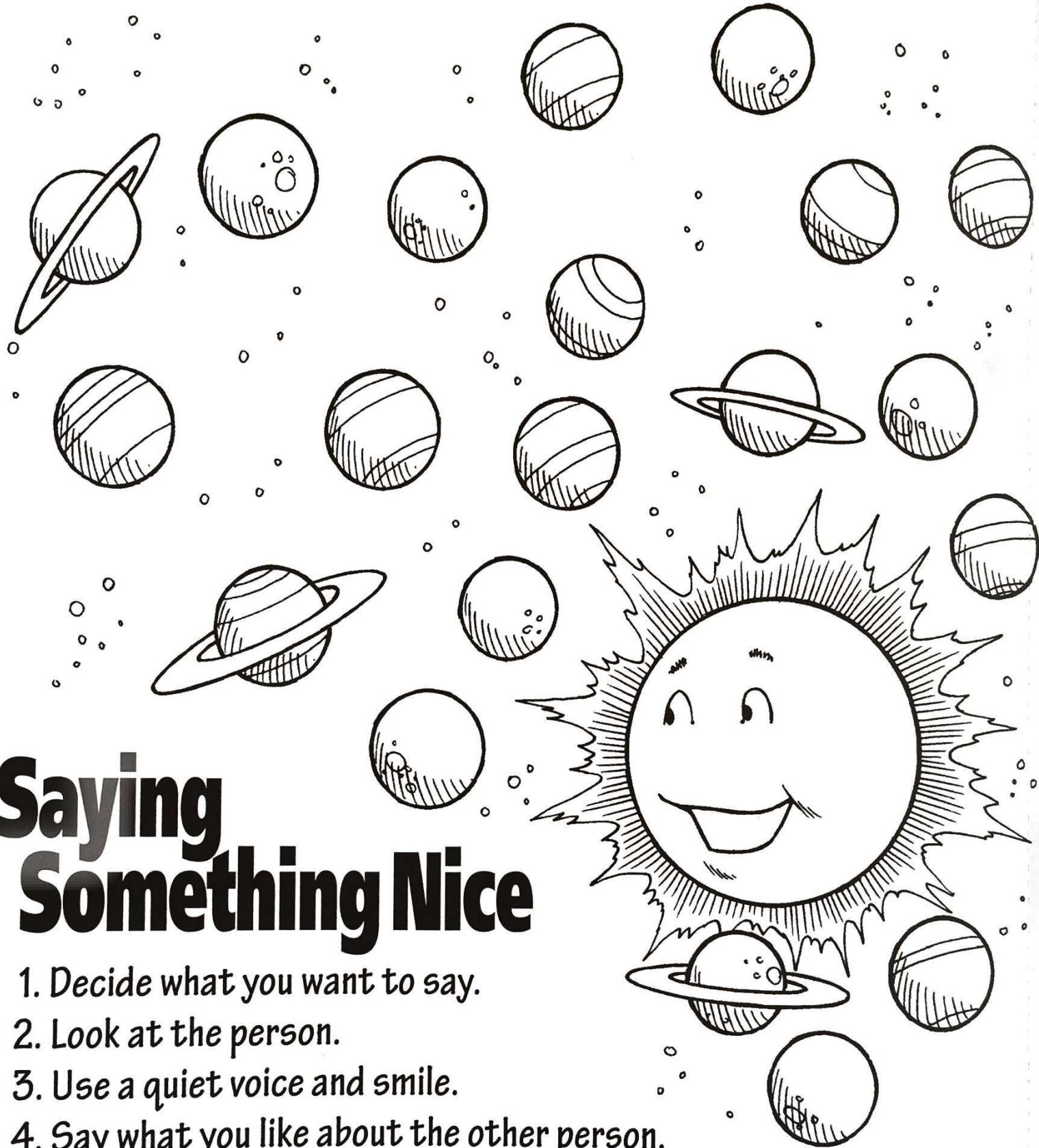


Letting People Know Where You Are

1. Tell whoever is taking care of you where you're going.
2. Be sure you go there.
3. Check in with the person when you come back.

Name: _____

My Reward: _____

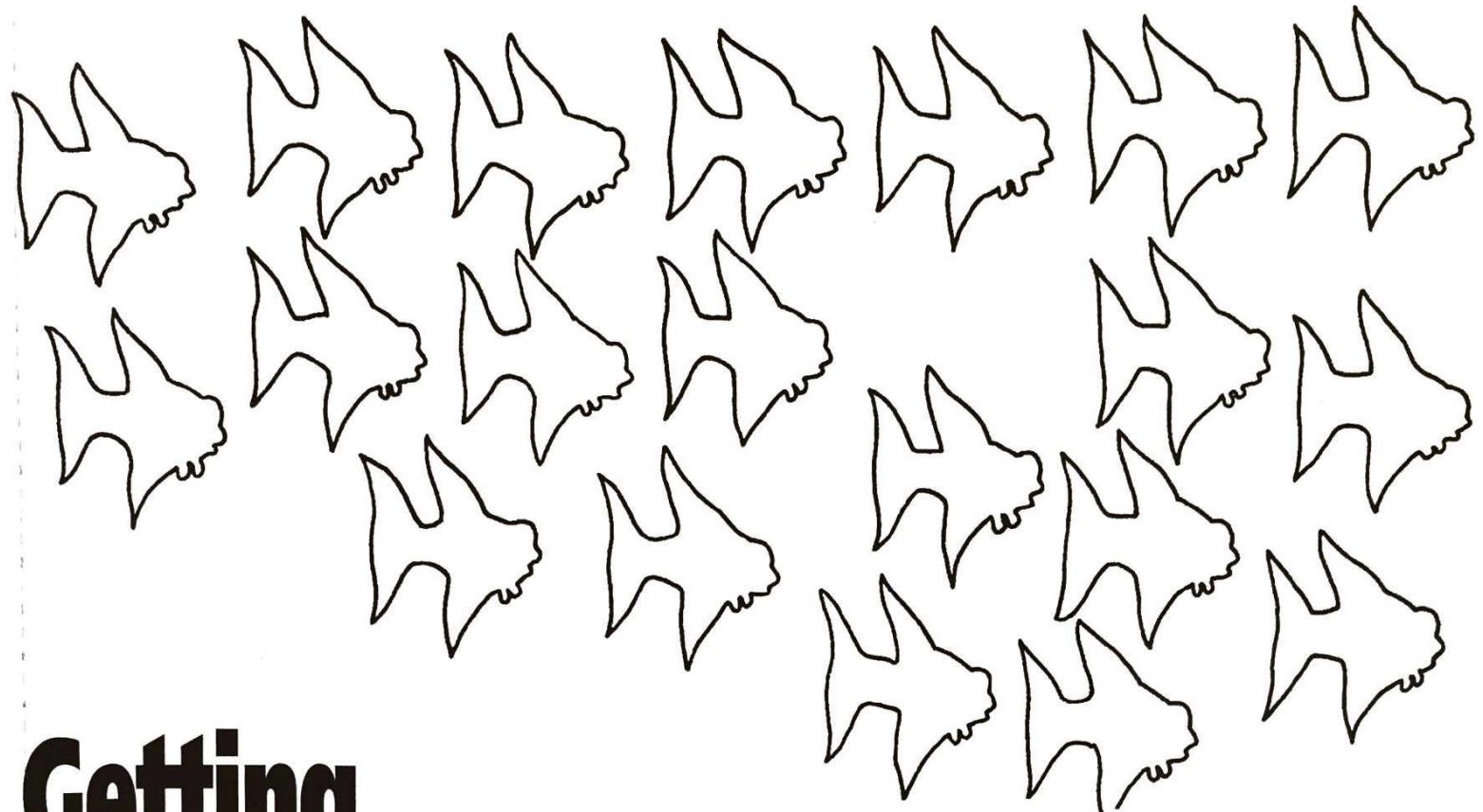


Saying Something Nice

1. Decide what you want to say.
2. Look at the person.
3. Use a quiet voice and smile.
4. Say what you like about the other person.

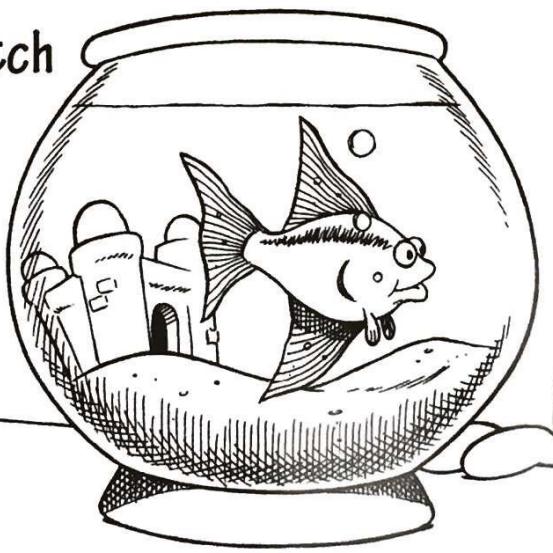
Name: _____

My Reward: _____



Getting Someone's Attention

1. Look at the person.
2. Ask the person to watch you or listen to you.
3. Just ask once and then wait.
4. Thank the person for watching or listening.



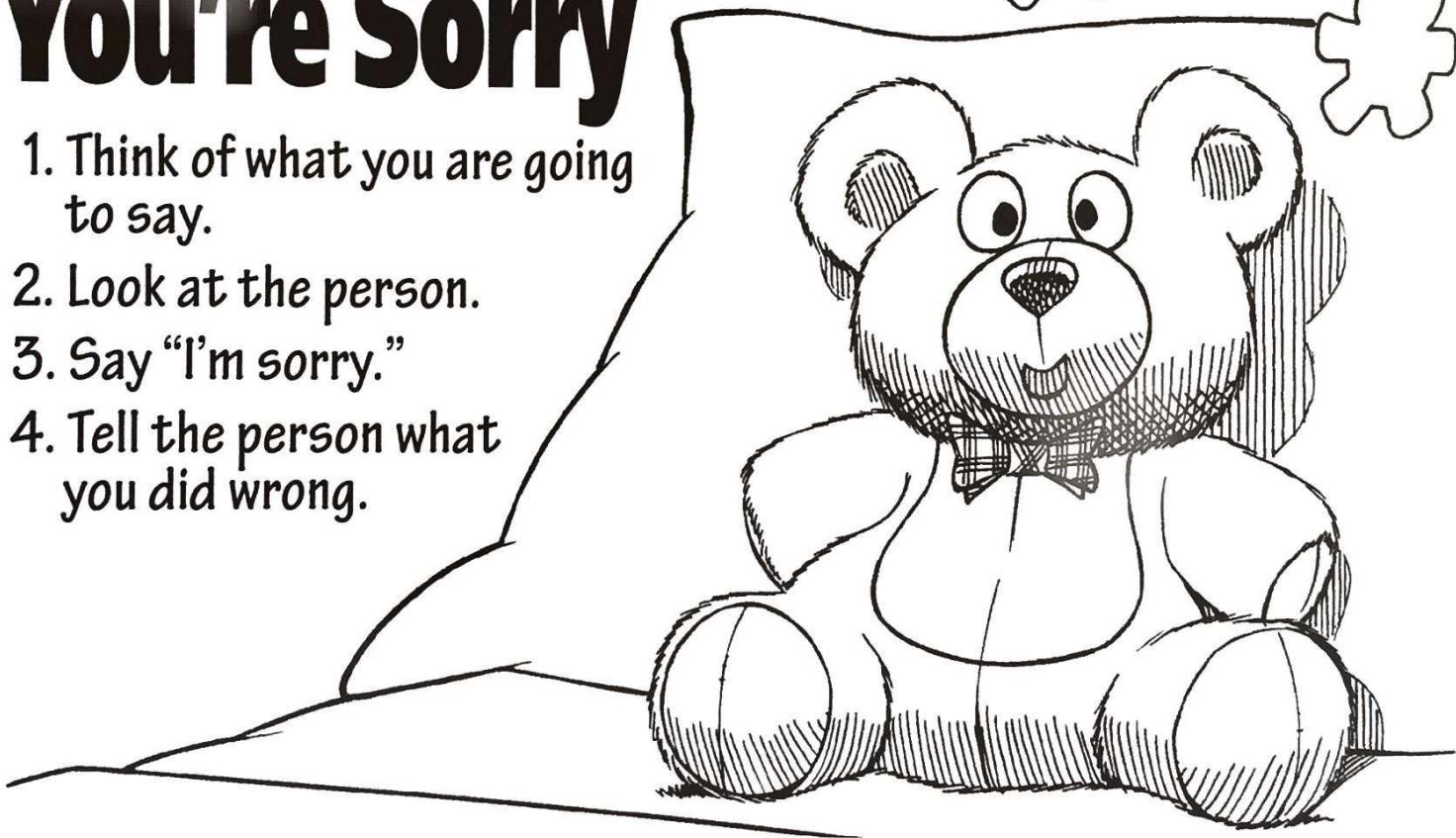
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My Reward: _____



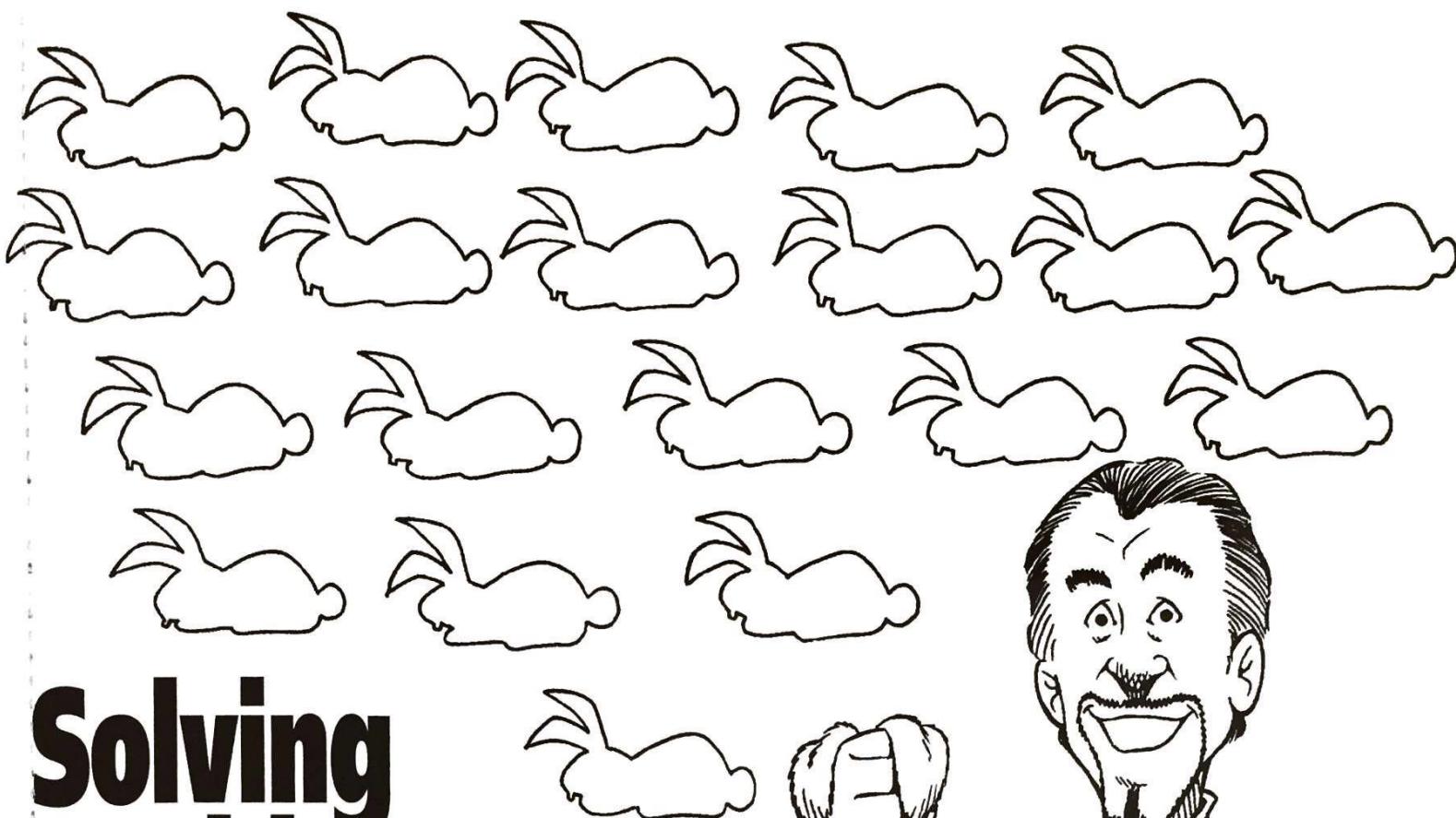
Saying You're Sorry

1. Think of what you are going to say.
2. Look at the person.
3. Say "I'm sorry."
4. Tell the person what you did wrong.



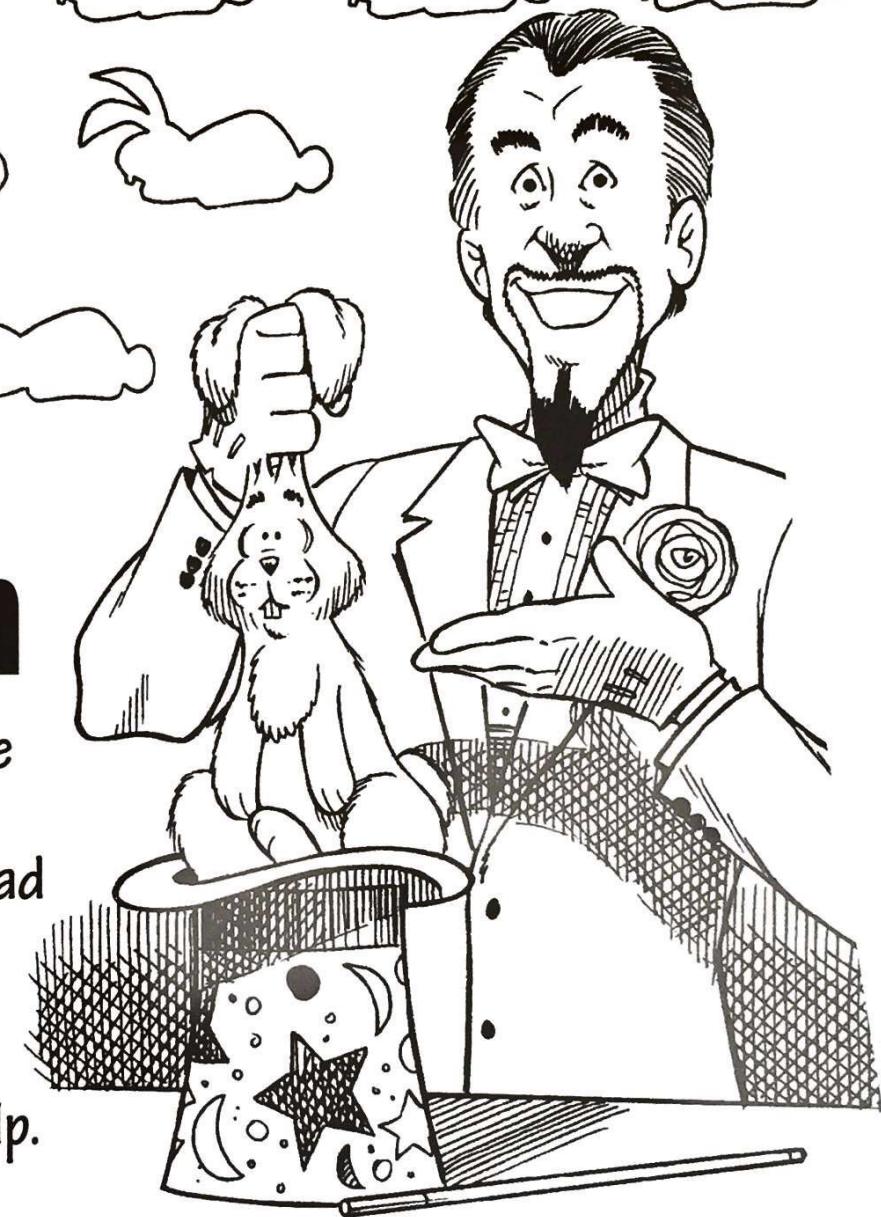
Name: _____

My Reward: _____



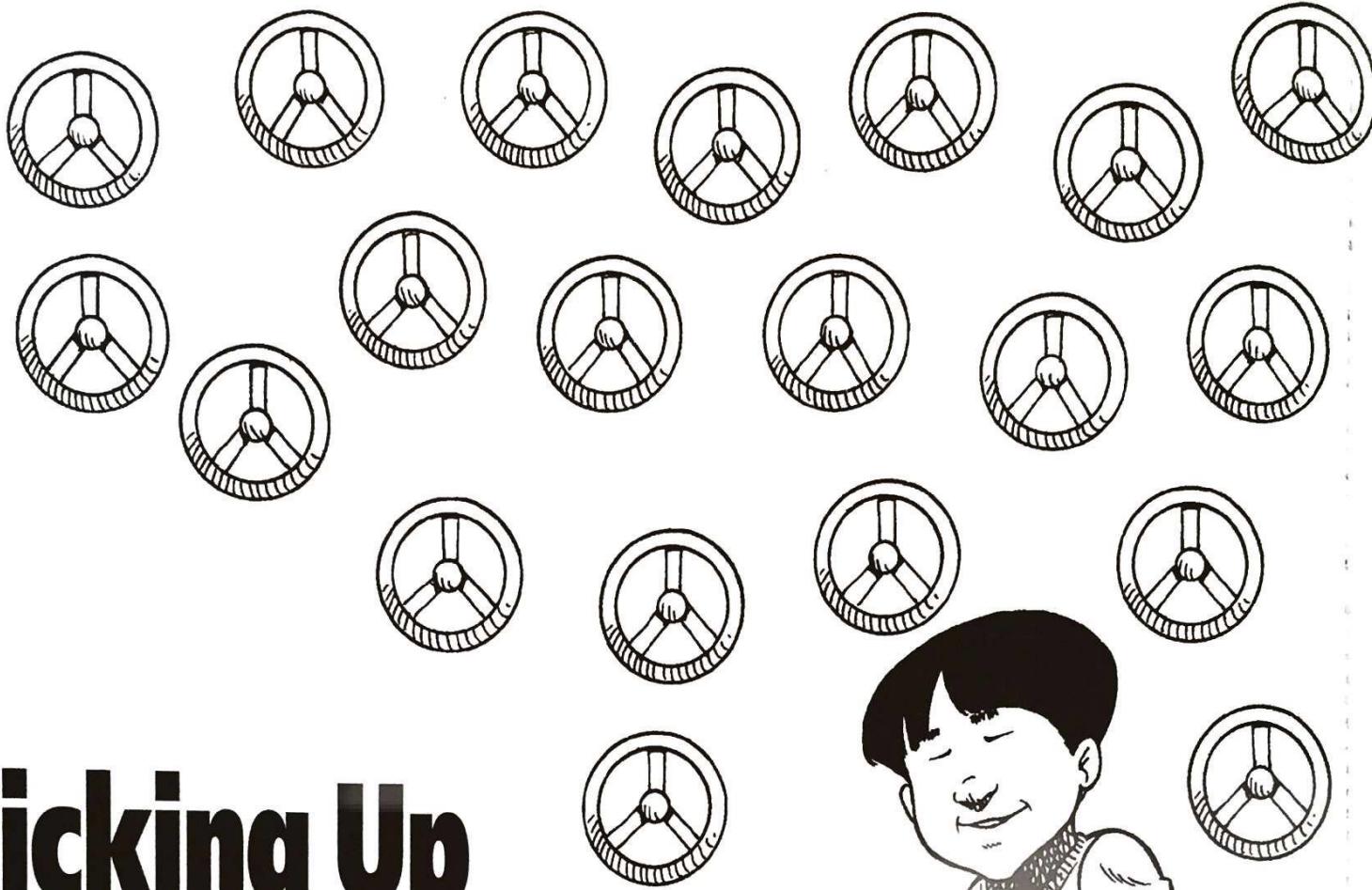
Solving Problems on Your Own

1. Think of three ways to solve the problem.
2. Think of what is good and bad about each one.
3. Pick the one you think is best and try it.
4. If you get stuck, ask for help.



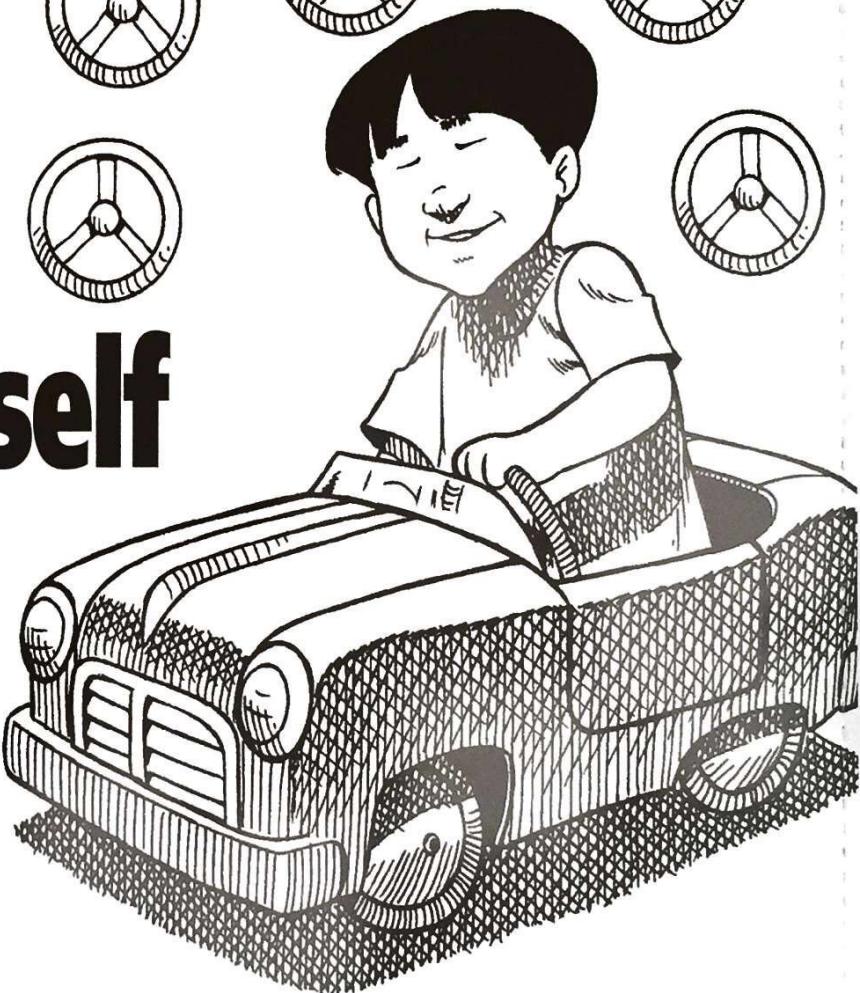
Name: _____

My Reward: _____



Picking Up After Yourself

1. Pick up your things without being asked.
2. Put your toys and clothes where they belong.
3. Tell Mom or Dad what you have done.

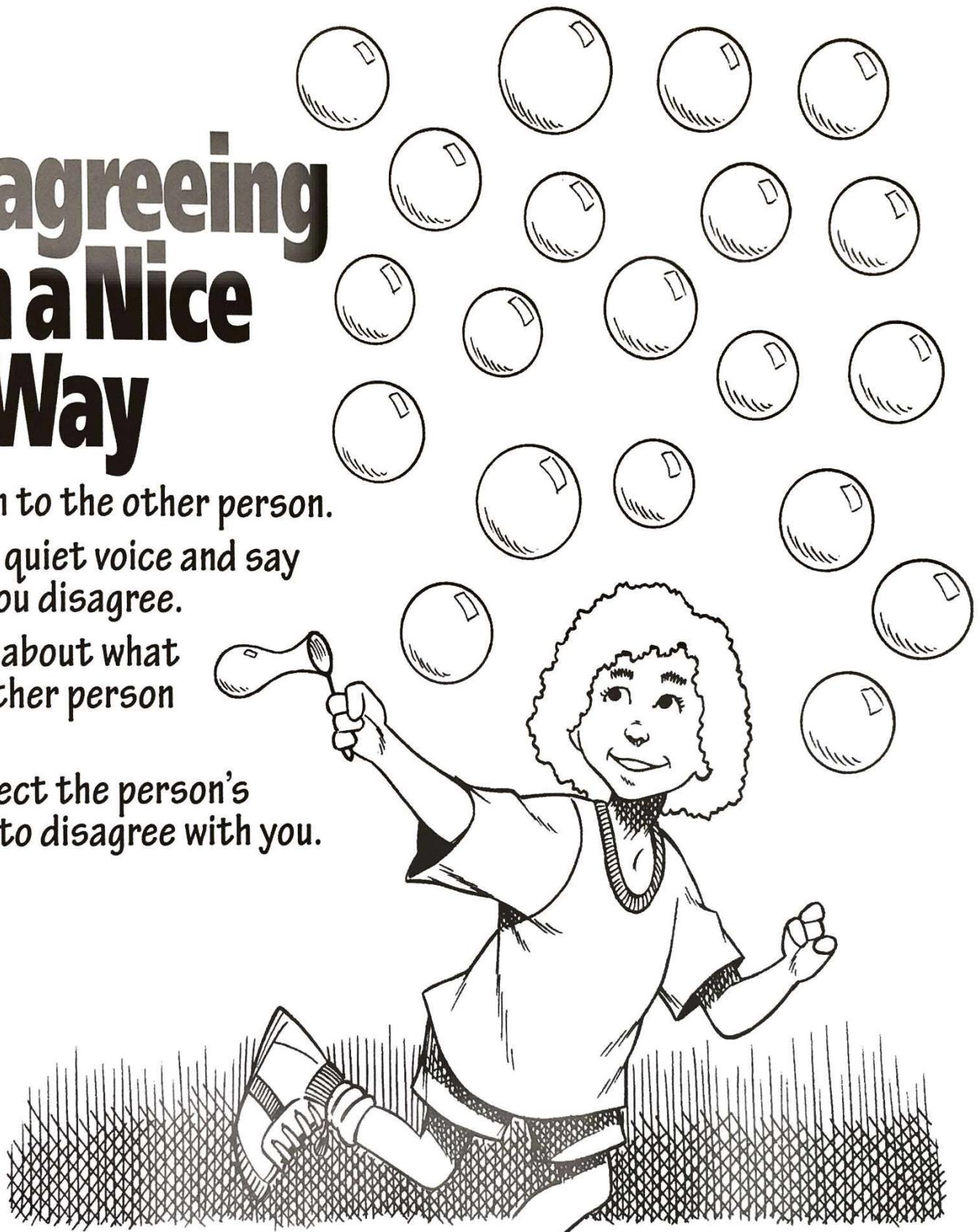


Name: _____

My Reward: _____

Disagreeing in a Nice Way

1. Listen to the other person.
2. Use a quiet voice and say why you disagree.
3. Think about what the other person says.
4. Respect the person's right to disagree with you.



Name: _____

My Reward: _____



Offering to Help Someone

1. Notice when someone is having a hard time.
2. Look at the person.
3. Ask if you can help.

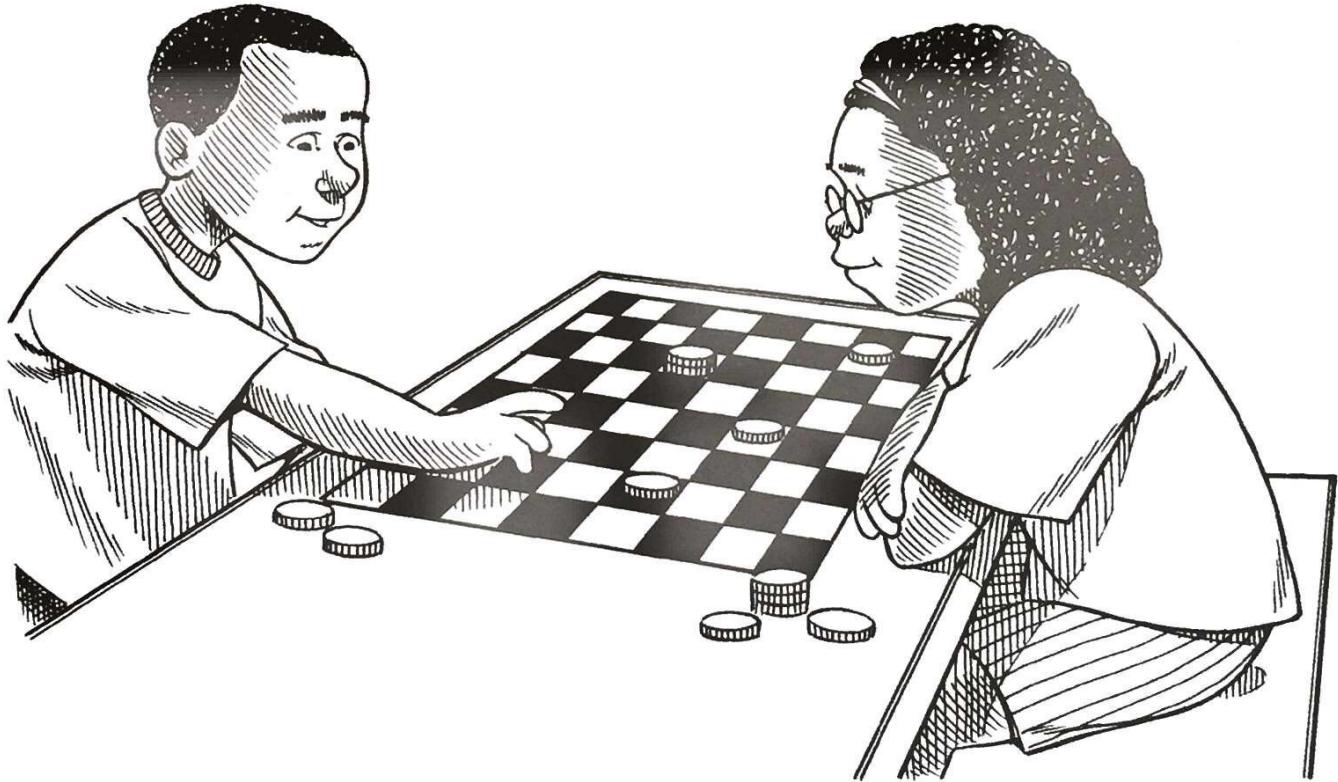
Name: _____

My Reward: _____



Thanking Someone

1. Notice when someone does something nice for you.
2. Look at the person and smile.
3. Say “Thank you” and tell them what you liked.



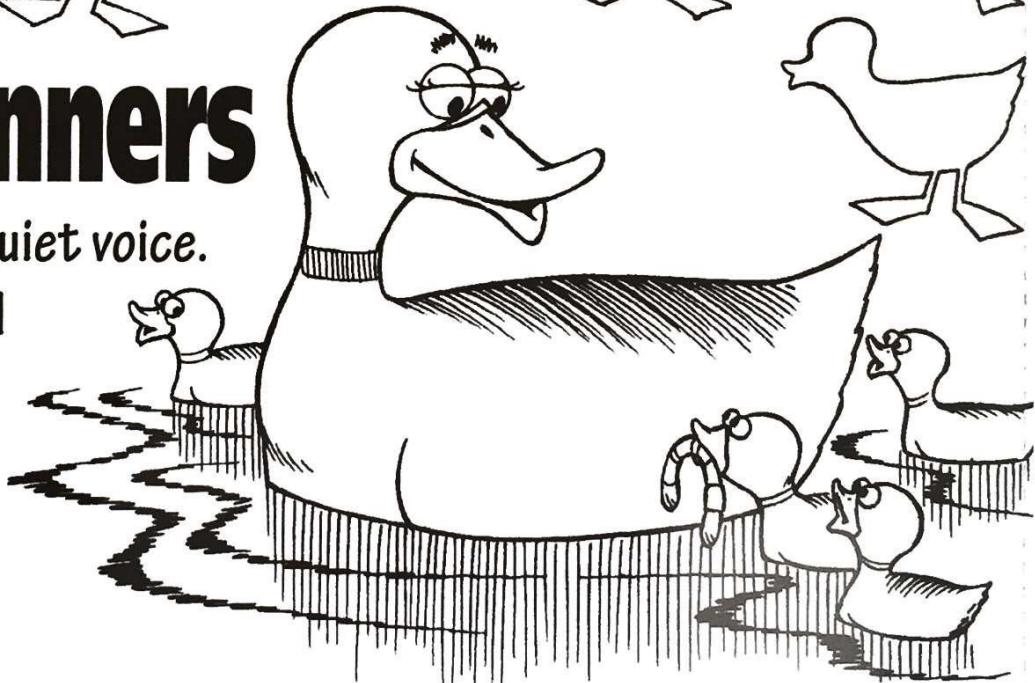
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My Reward: _____



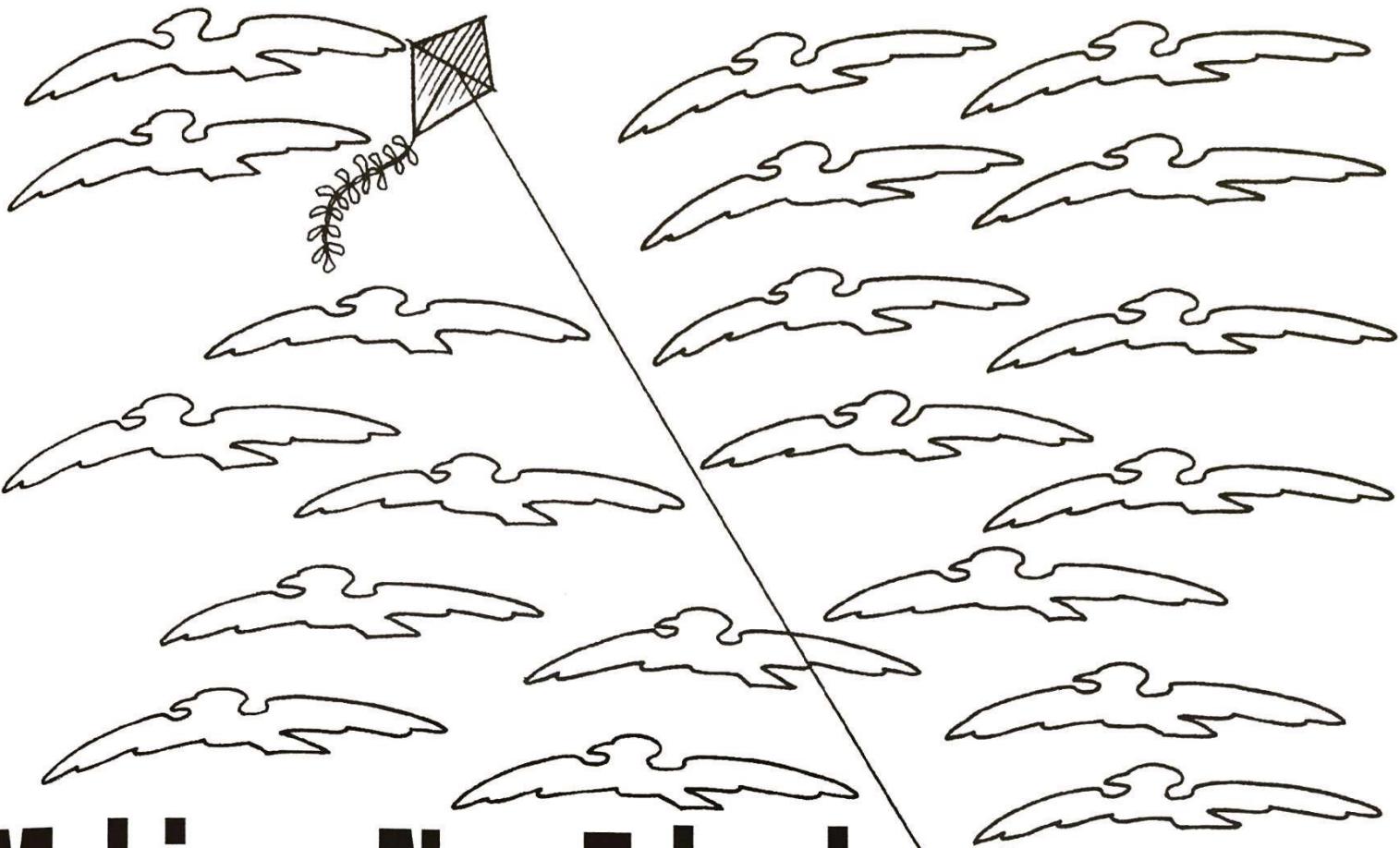
Using Good Table Manners

1. Sit still and use a quiet voice.
2. Use your napkin and silverware.
3. Chew with your mouth closed.
4. Talk only when your mouth is empty.



Name: _____

My Reward: _____



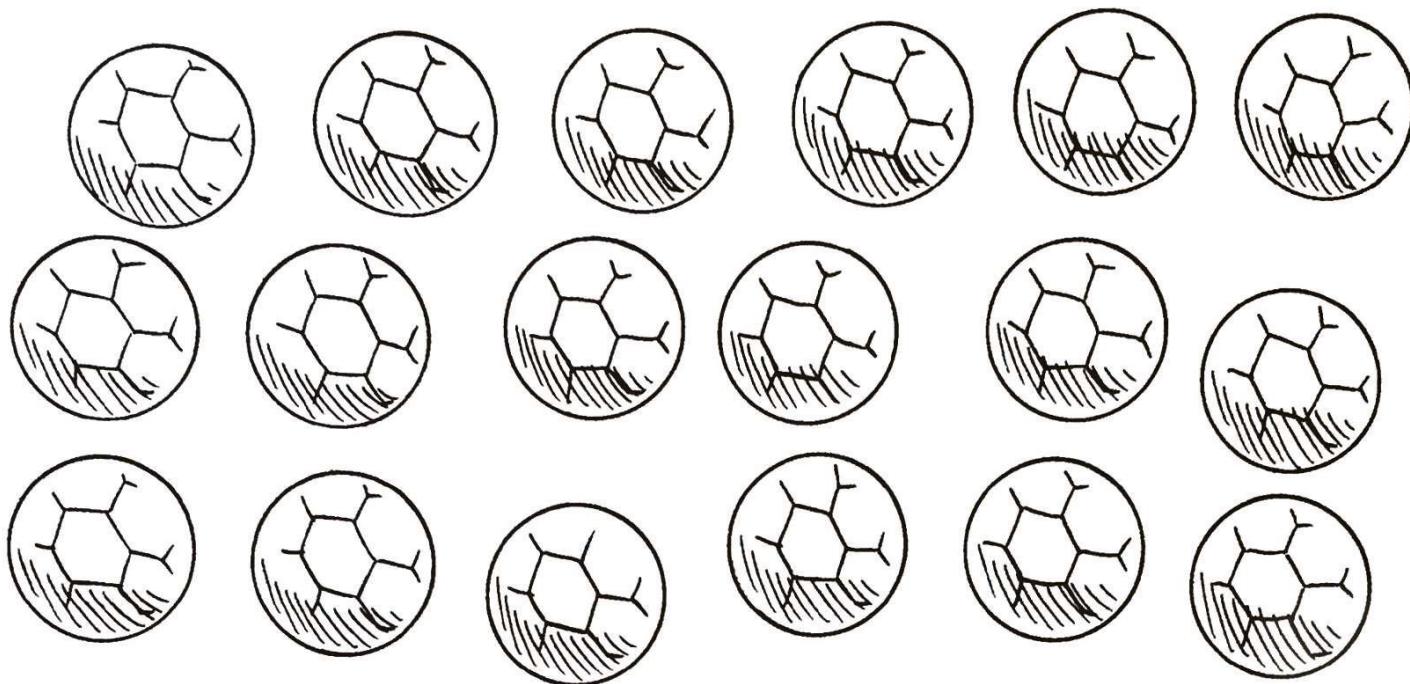
Making a New Friend

1. Look at the other person.
2. Say "Hi" or "Hello."
3. Tell the person your name.
4. Ask for that person's name.
5. Ask the person to play.



Name: _____

My Reward: _____



Sharing Things With Others

1. Don't get upset if you're asked to share.
2. Take turns and play fair.
3. If the person thanks you, say "You're welcome."



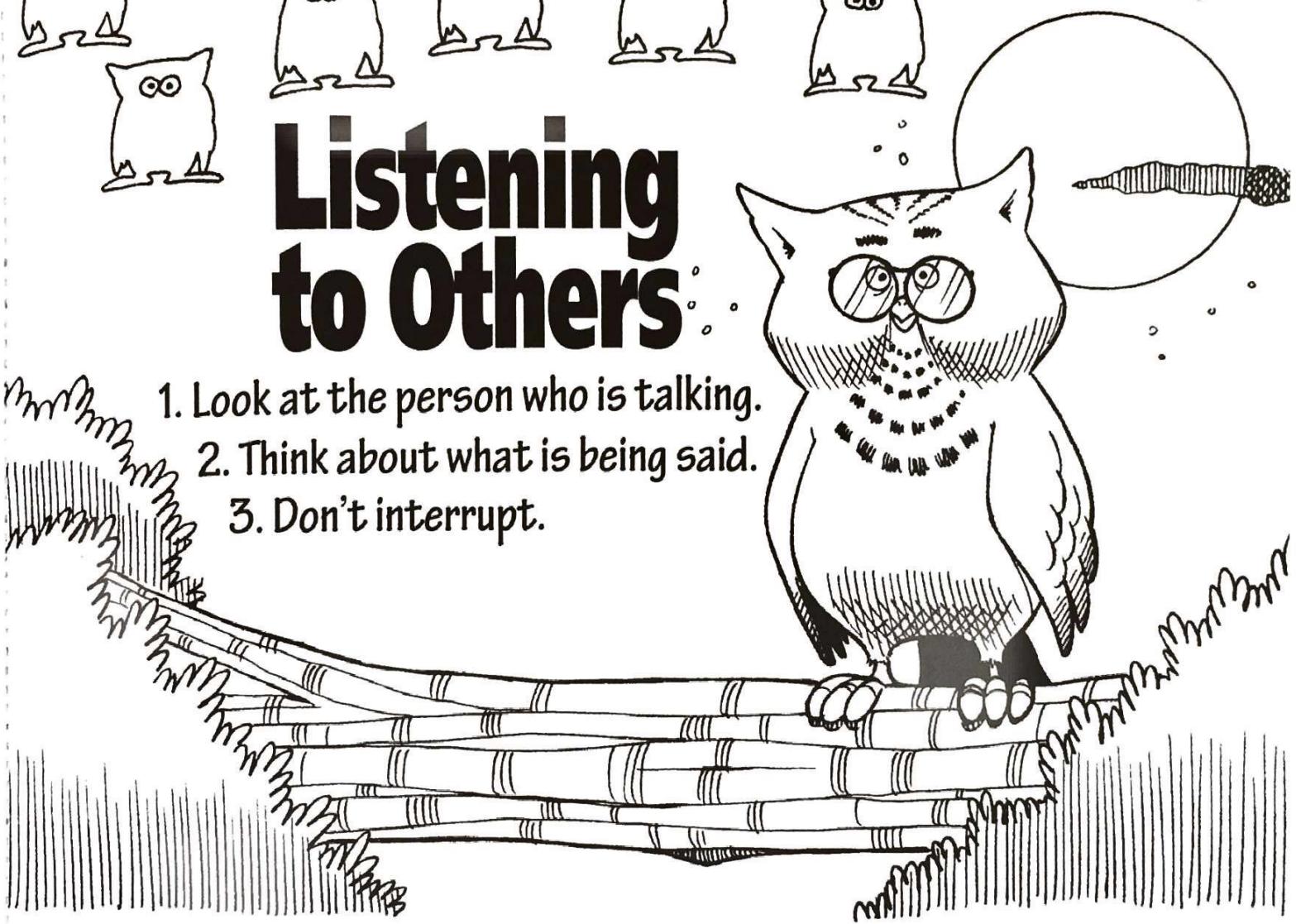
Name: _____

My Reward: _____



Listening to Others

1. Look at the person who is talking.
2. Think about what is being said.
3. Don't interrupt.

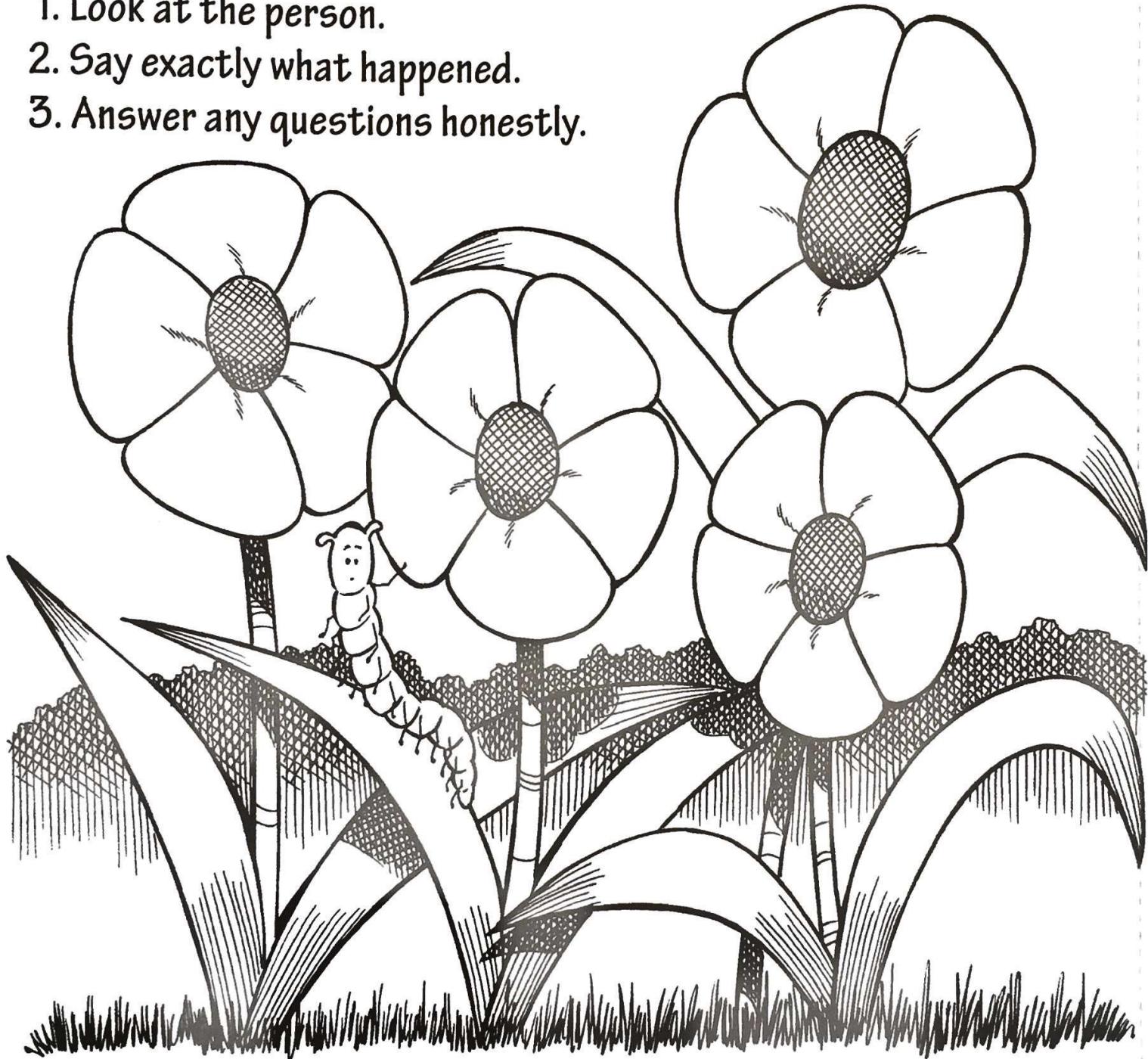


Name: _____

My Reward: _____

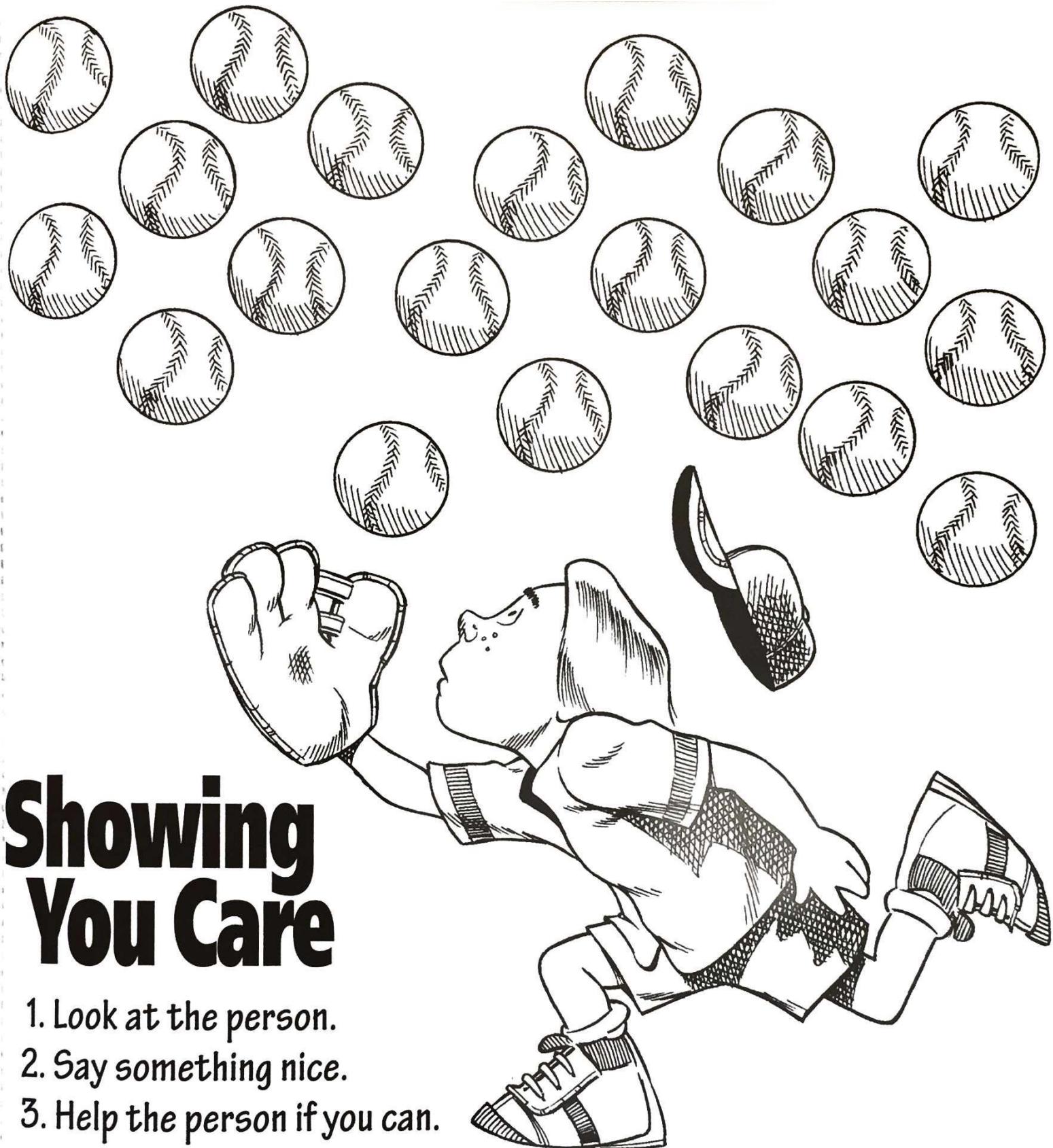
Telling the Truth

1. Look at the person.
2. Say exactly what happened.
3. Answer any questions honestly.



Name: _____

My Reward: _____

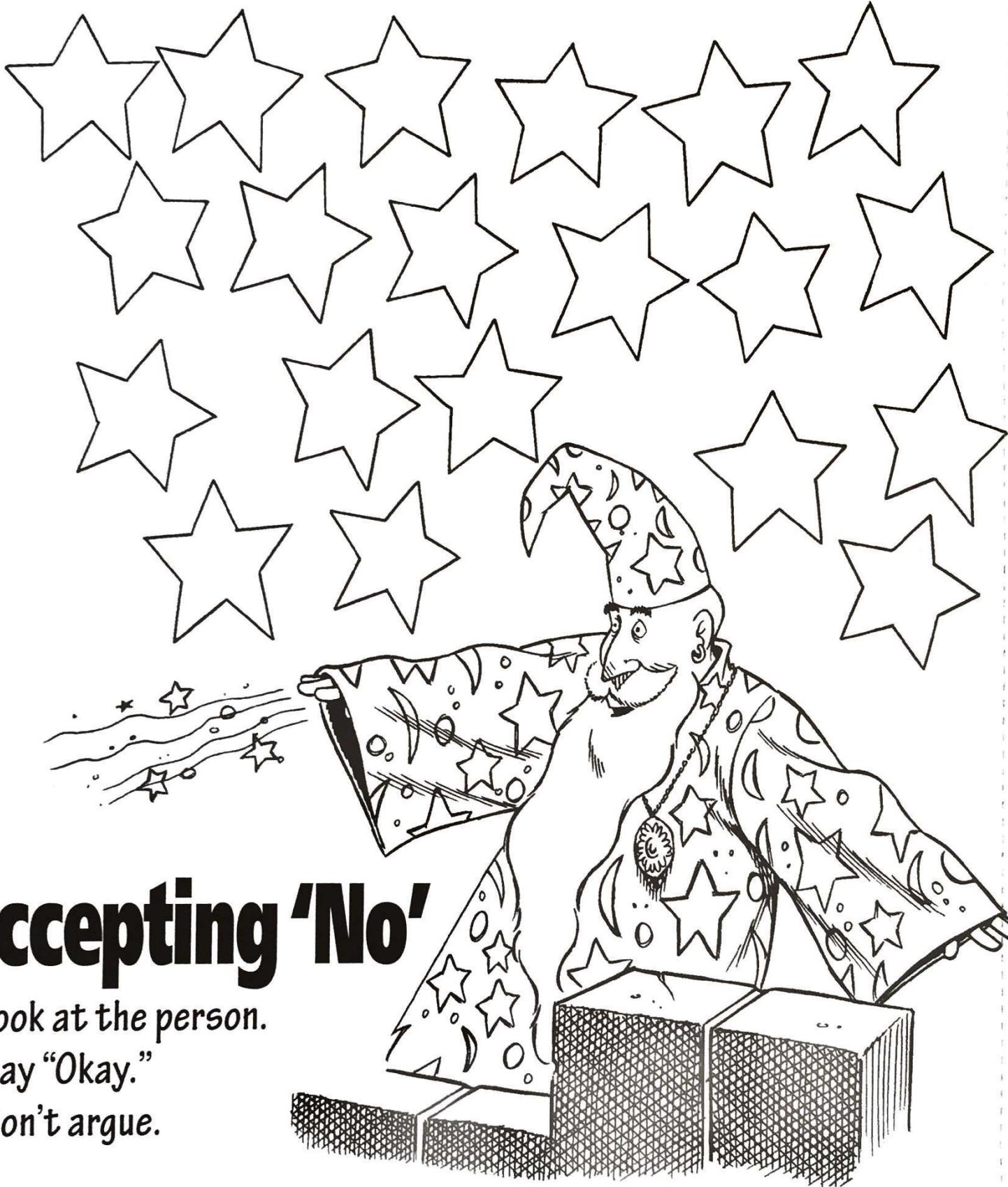


Showing You Care

1. Look at the person.
2. Say something nice.
3. Help the person if you can.

Name: _____

My Reward: _____

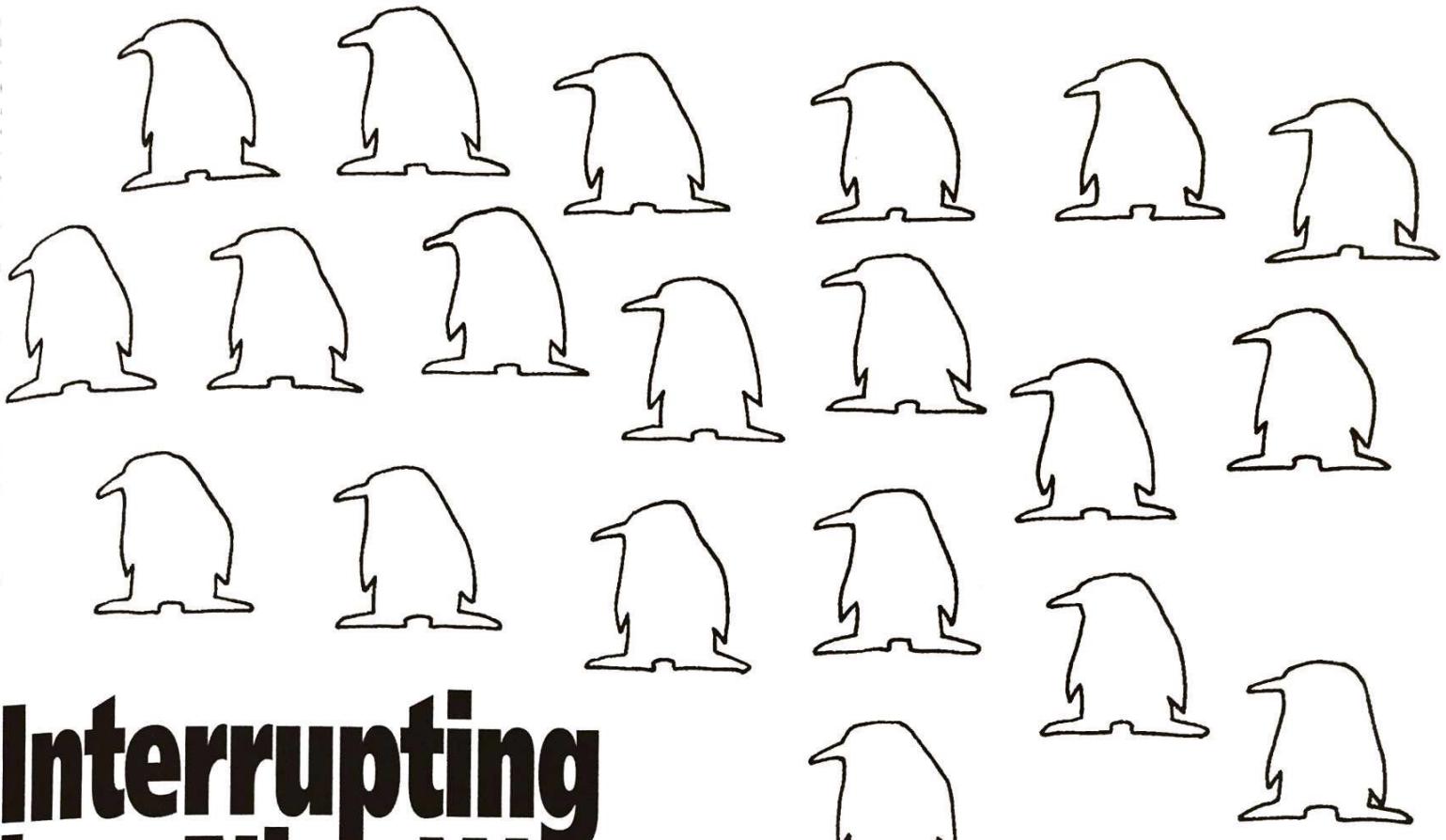


Accepting 'No'

1. Look at the person.
2. Say "Okay."
3. Don't argue.

Name: _____

My Reward: _____



Interrupting in a Nice Way

1. Look at the person.
2. Wait for the other person to respond.
3. Follow instructions from that person.
4. Tell the person why you interrupted.



Name: _____

My Reward: _____

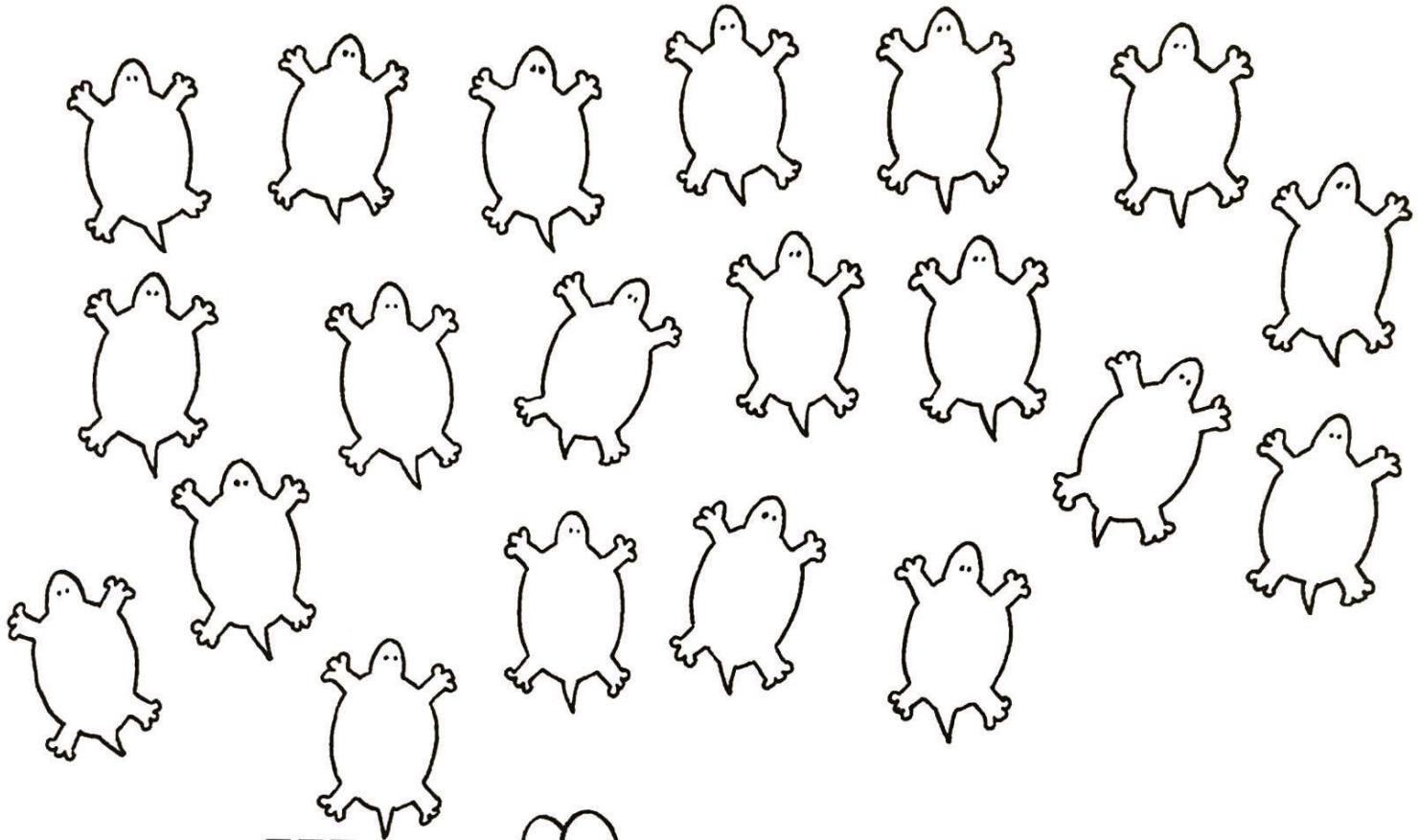


Asking Permission to Do Something

1. Look at the person.
2. Say "Please," or "May I...."
3. Ask for what you want.
4. Say "Thank you."

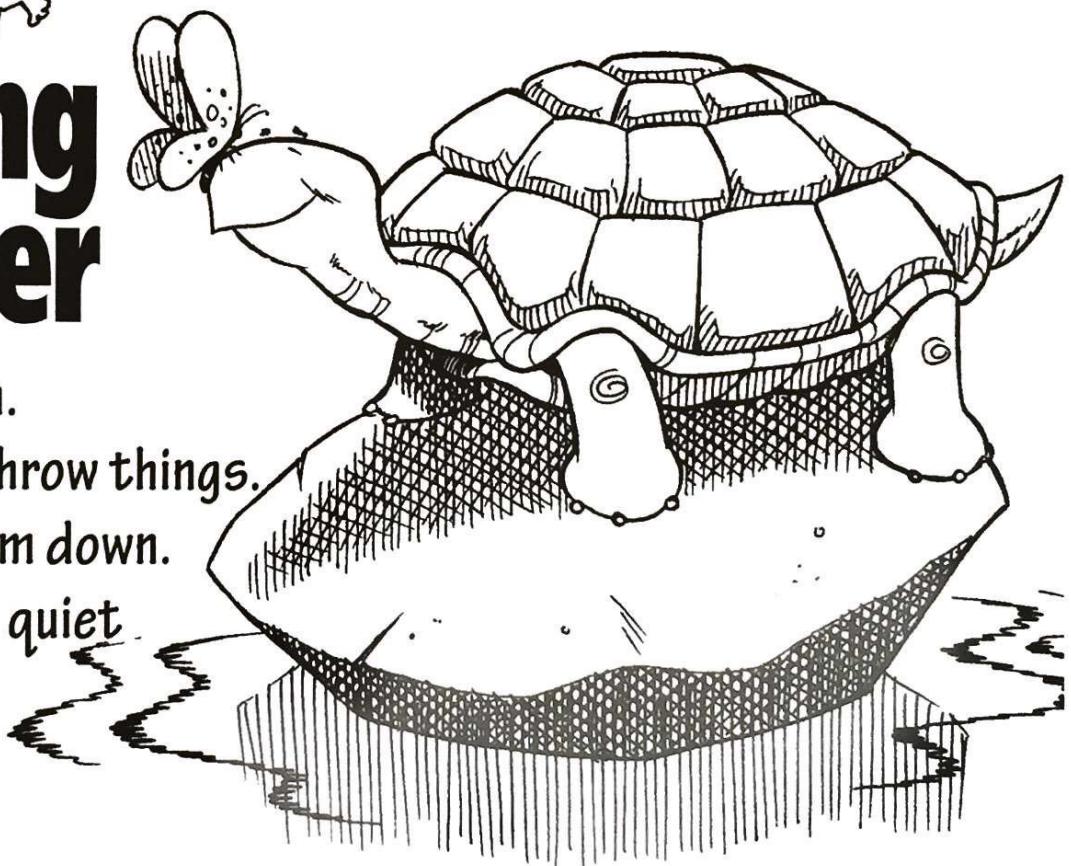
Name: _____

My Reward: _____



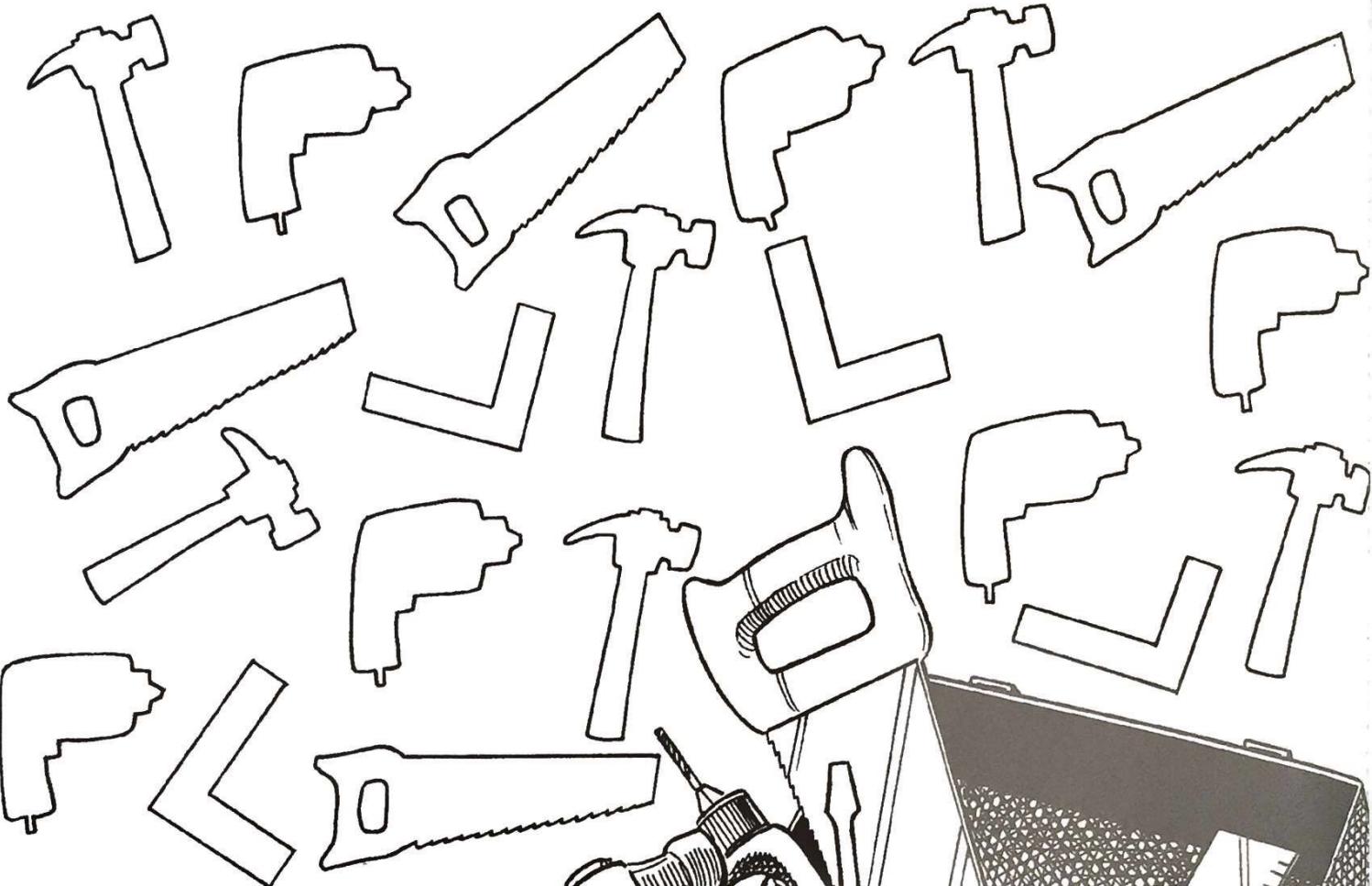
Controlling Your Anger

1. Take a deep breath.
2. Don't hit, yell, or throw things.
3. Tell yourself to calm down.
4. If possible, go to a quiet place.



Name: _____

My Reward: _____



Correcting Mistakes

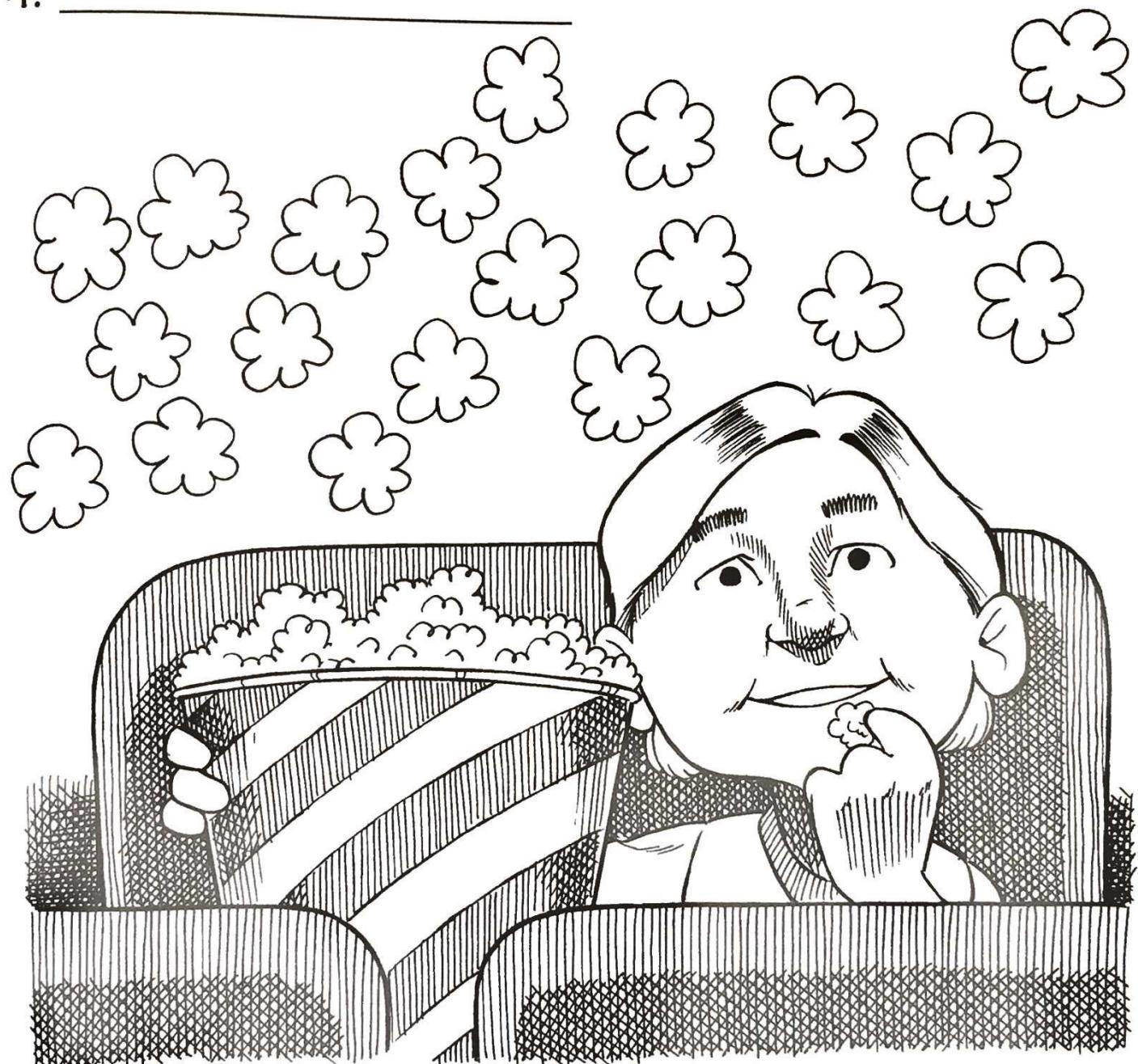
1. Look at the person.
2. Listen to what you did wrong.
3. Say "Okay."
4. If possible, do it over the right way.

Name: _____

My Reward: _____

Skill: _____

- Steps** 1. _____
2. _____
3. _____
4. _____



Name: _____

My Reward: _____



Skill: _____

Steps 1. _____

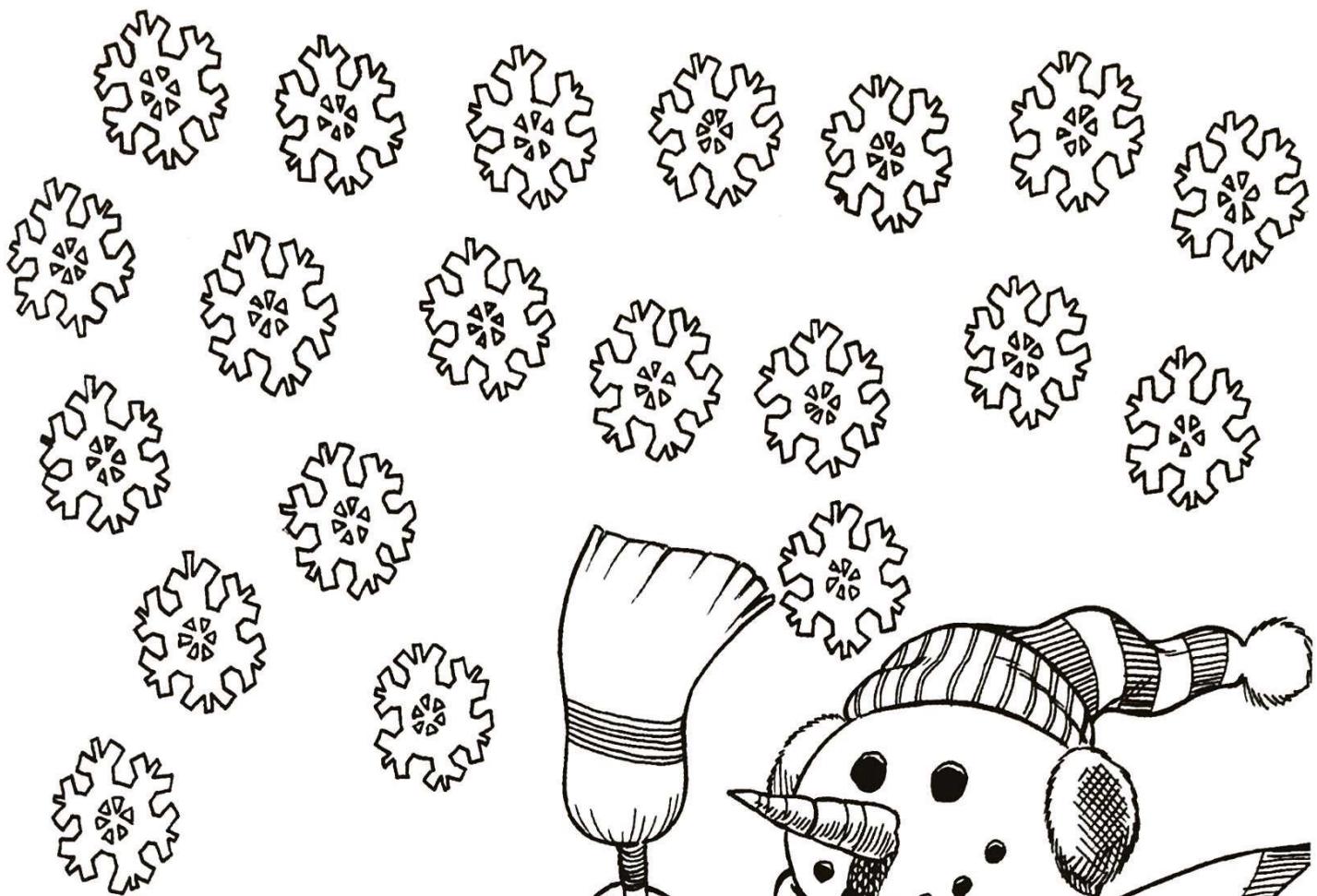
2. _____

3. _____

4. _____

Name: _____

My Reward: _____



Skill: _____

Steps 1. _____

2. _____

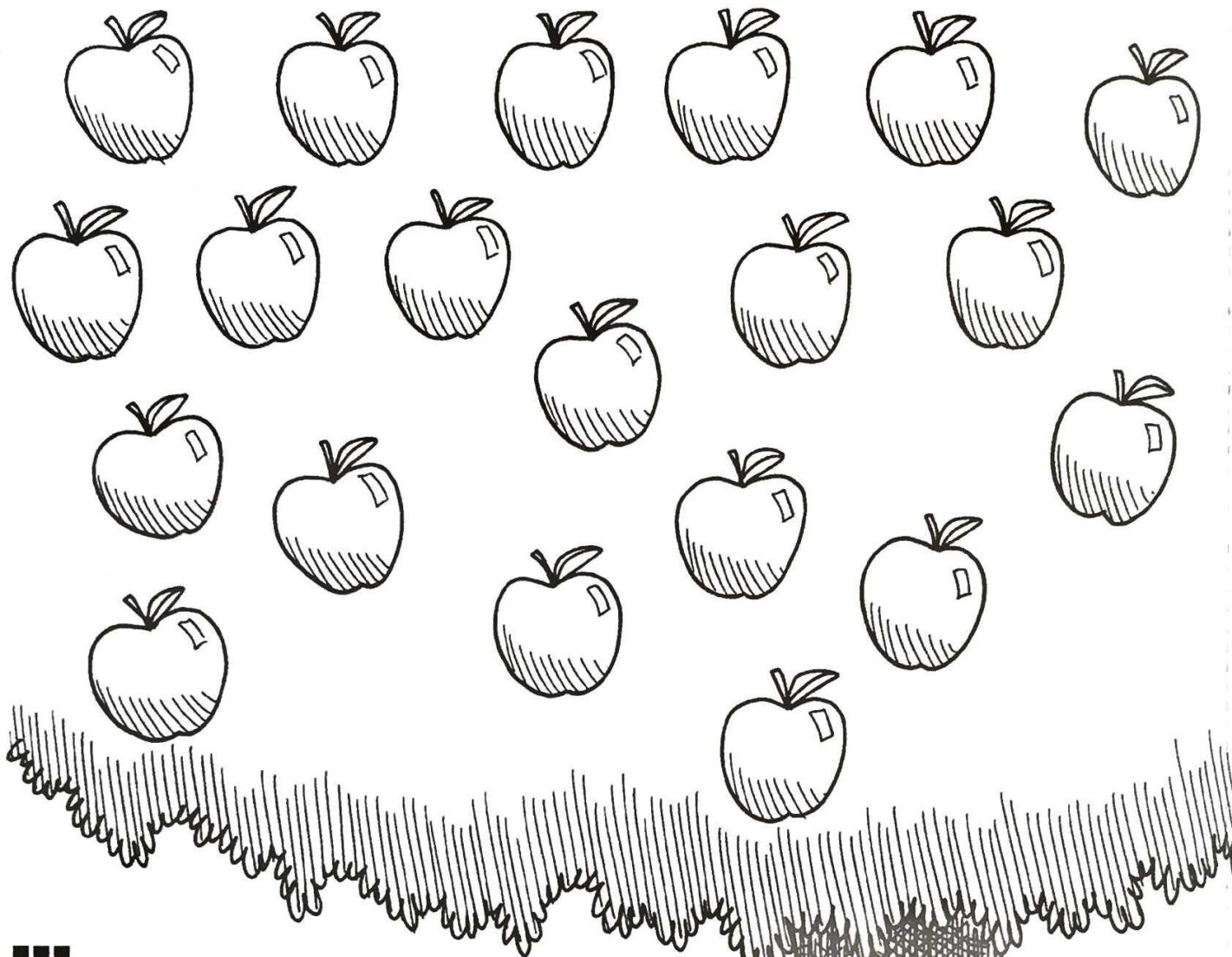
3. _____

4. _____



Name: _____

My Reward: _____



Skill: _____

Steps 1. _____

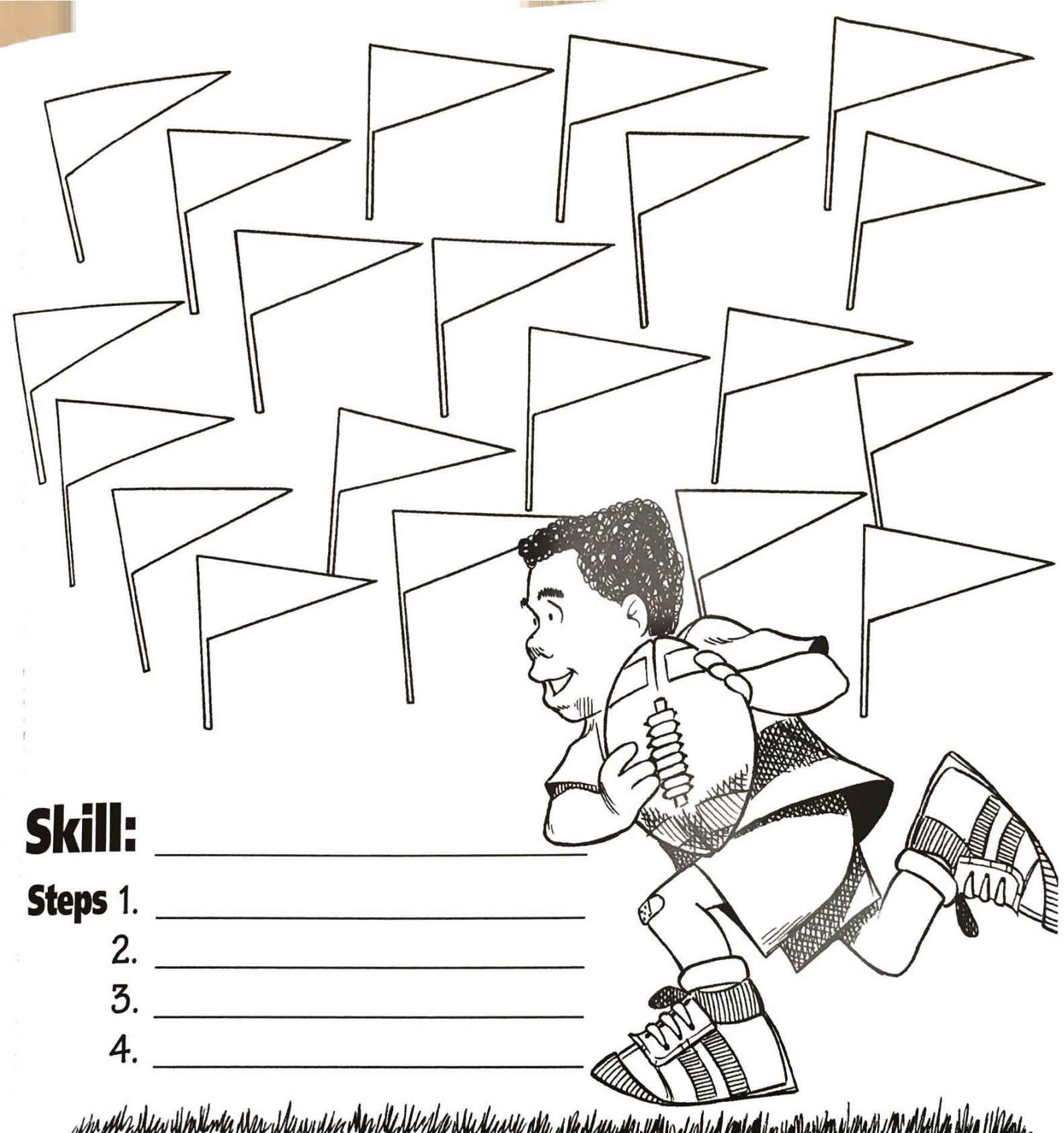
2. _____

3. _____

4. _____

Name: _____

My Reward: _____



Skill: _____

Steps 1. _____

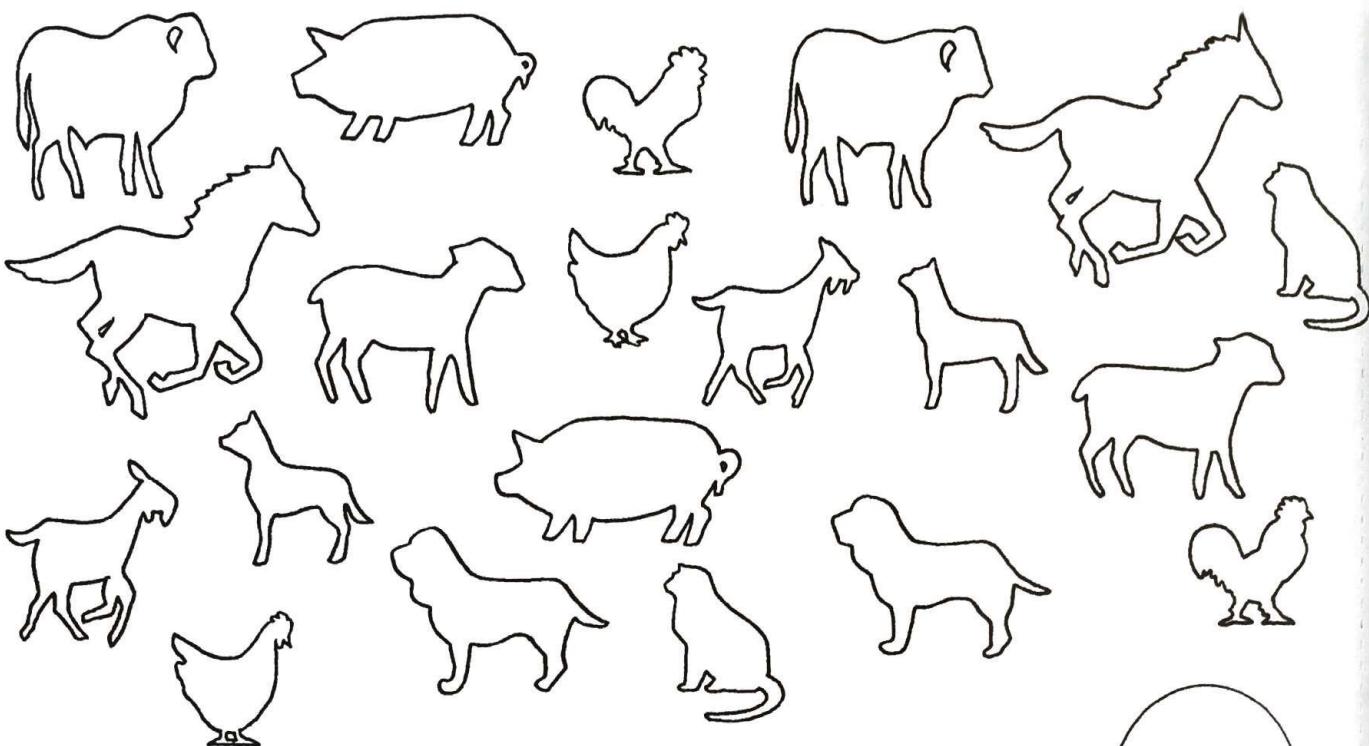
2. _____

3. _____

4. _____

Name: _____

My Reward: _____



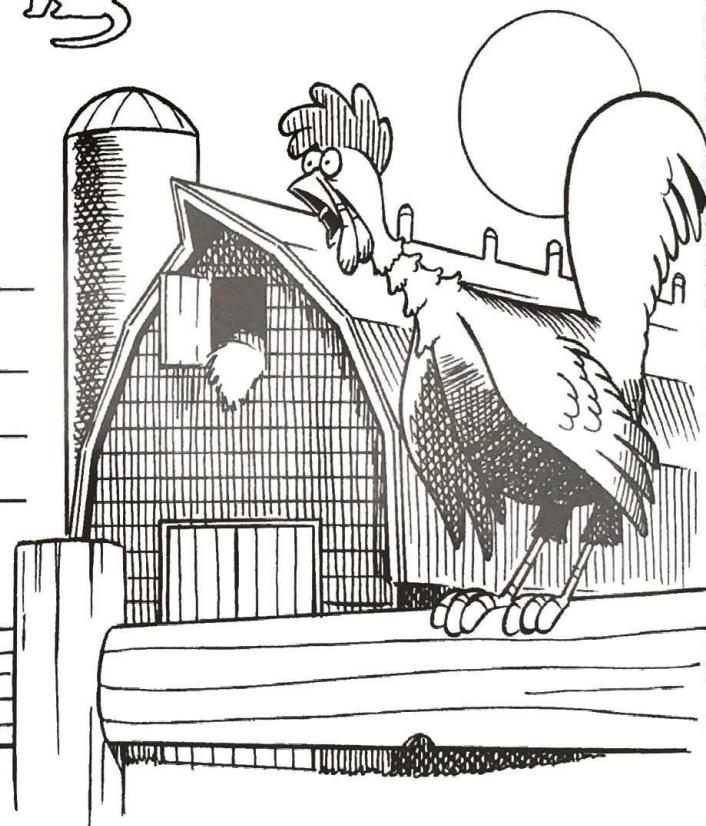
Skill: _____

Steps 1. _____

2. _____

3. _____

4. _____



Name: _____

My Reward: _____