The Great Wait

Start with a story: Ella and her dad are waiting in a long line at the grocery store. After a few seconds, Ella begins to ask, "How much longer?" Her dad assures her, saying, "A few more minutes." Ella does not like this answer. She kicks her feet against the shopping cart. "I wanna go now!" she whines.

Talk about it: Ask your child, "What does it feel like when you have to wait for something? What are some fun things you can do to keep busy while you wait?"



Strategies for practicing patience

Patience is a valuable skill in school and in life. By practicing patience, children discover that waiting can lead to wonderful things.

Though your child can't be expected to wait for long stretches, you can find fun ways to pass the time.

Try these strategies:

- Give your child a special challenge such as spying things that are red, counting the people in line, or making up a story about something she sees on the shelf.
- Search for the first letter in your child's name or for familiar words on the items displayed on the checkout shelves.

Recipe for Resilience

Telling time Explain time in a way that your child will understand. If she asks, "How long?" you might say, "As long as it takes to brush your teeth" or "As long as it takes to walk to school."



A child's perspective: Five minutes can feel like an hour to a child. This can make it particularly difficult for children to be patient. As your child learns more fun strategies for being patient, it will get easier and easier for her to wait.



Strategies for overcoming mistakes

Children who learn from their mistakes are more likely to try new things and make discoveries.

If your child is struggling with mistakes, here are some ways to respond:

- Assure him that mistakes are part of learning and that everyone makes mistakes.
- Remind him that the way to get better at something is to practice doing it. Remind him of other things that he's gotten good at because he practiced.
- Help him cope with the problem by trying the "Breathe, Think, Do" strategy (see page 3).



Recipe for Resilience

Super solver Give your child a superhero name and let him know that he has the power to figure things out. The next time he gets upset about a mistake, say, "This sounds like a job for [insert your child's superhero name]!"

Lead the way Be a role model for your child. When you confront your own mistakes, try to control your emotions. Let him hear you say aloud as you solve a problem, "First I'll do this, then I'll do..."



A child's perspective: Children are excited to do many things, but they can feel disappointed when things do not go their way. As your child learns how to control his emotions, making mistakes will be less upsetting.

