

Dear Families/Caregivers,

Building a strong support system is essential for getting one's needs met and living a happy and healthy life. A support system is a network of people who provide practical and emotional support. Having a strong support system provides many benefits such as decreased anxiety and an increased positive mood.

It is important for children to know the importance of asking for help politely. It is also important for children to learn how to ask for help when needed. Students learned that to ask for help they should:

Get the other person's **Attention**.

Say what they need.

Say it **Kindly**.

Set aside time each day to talk with your child. Ask him or her about his or her day. Ask him or her if there is anything he or she needs help with. Instead of always anticipating your child's needs, encourage him or her to speak his or her needs. While it is important not to step in and do things that your child can do independently, it is equally important to help your child when he or she expresses a need.

Having a family and others who support and protect a child is important for his or her physical, mental, and social development. When a child feels loved and supported, he or she will be better able to ask for help when he or she needs it.

Sincerely,

Your Child's Teacher