

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 they can count on their families and caregivers for support. It is also important for children to learn how to ask for help when needed.

Students learned that to ask for help they should:

- State the Need
- Ask for Help
- Be Kind (use words like *please* and *thank you*)

Set aside time each day to talk with your child about any problems or challenges he or she faced that day. Ask your child how he or she asked for help, and if needed, remind your child of the steps for asking for help. You can also use the steps to ask for help at home. Instead of always anticipating your child's needs, encourage him or her to speak his or her needs, ask for help, and be kind. Praise your child when he or she asks for something kindly.

Model asking for help as well. Showing your child how to ask for help kindly will demonstrate that everyone needs help from time to time.

Sincerely,

Your Child's Teacher