

Dear Families/Caregivers,

Building a support system is important for getting one's needs met and living a happy and healthy life. Having a strong support system is associated with many positive outcomes, including decreased anxiety and increased positive mood.

As your child gets older, his or her support system will extend beyond family members. In this lesson, your child learned he or she can be responsible for getting some of his or her own needs met and asking for help when needed. The students learned these strategies for getting their needs met:

- **Know Your Needs**
It's important for students to pause and think about what they need.
- **Think About Who Can Help**
Once students know what they need, they need to figure out who is the best person to help. Sometimes the best person is themselves. Other times it may be a parent, caregiver, teacher, coach, or counselor.
- **Ask for Help**
When students need help from another person, they should state the need, ask for help, and be polite.

Model using these strategies for getting your needs met whenever possible. Show your child that asking for help is a normal and healthy thing to do!

Sincerely,

Your Child's Teacher