

# Dinosaur School Notes to Parents

(Small Group Dinosaur Program)

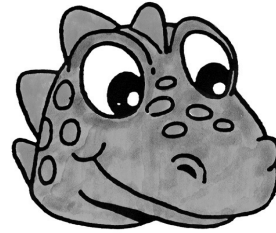
For the Small Group treatment dinosaur program, dinosaur group leaders will give parents a letter describing the content of each session and suggesting ways parents can help support their child's learning at home. This section has 16 parent letters. By purchasing the Incredible Years® Dinosaur Curriculum, you are granted permission to make copies of the documents in this manual for use when delivering this program.



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**Contact: [incredibleyears@incredibleyears.com](mailto:incredibleyears@incredibleyears.com) / (888)-506-3562**

## *Dinosaur School Notes to Parents*



### **Welcome to Dinosaur School,**

We are excited to be working with your child. This program has been extensively evaluated and has been shown to promote positive social interactions between children, to increase cooperation with parents and teachers, and to reduce children's verbal and physical aggression. We will be using video examples, puppets, special activities, books, and games to teach your child the important skills needed to make friends and work well in the classroom. Two therapists/group leaders meet with the children in small groups (5–6 children per group) each week for two hours. The program lasts approximately 18–24 weeks.

Your therapists'/group leaders' names are:

\_\_\_\_\_ and \_\_\_\_\_.

They can be reached at this number: \_\_\_\_\_

### **Parent Involvement: Collaborate With us in Making Dinosaur School Program Successful for Your Child**

- Arrive five minutes early and take your child to the bathroom. Bring a small snack for your child to eat in the car if you are coming straight from school.
- Arrive ten minutes before the end of the group so therapists can tell you about the session and review the home activities with you each week.
- Have fun doing dinosaur detective home activities with your child.
- Let therapists know about issues that may have relevance for targeting your child's learning in dinosaur school (e.g., loss of a family member, divorce, illness in the family, school problem etc.).
- Read the notes we give you outlining the topics we are covering in sessions and follow the suggestions for teaching your child at home.
- Let us know about your child's interests and what is reinforcing for him or her.

### **Teacher Involvement**

We will be sending out periodic letters to teachers telling them about the social skills your child is learning in Dinosaur School and asking them to reinforce those behaviors when they observe them in the classroom (and share this information with you). We will also phone your child's teachers to coordinate behavior plans so there is consistency in approaches from home to the classroom and to Dinosaur School.

Please let us know if you have any questions about the program. We are looking forward to getting to know you and your child!

**Letter #1 — Sent in advance**



## ***Dinosaur School Notes to Parents***

### **Iguanodon Unit: Dina Teaches About Doing Your Best at School**

Hi!

In this unit of Dina Dinosaur's curriculum, the children are learning about how to behave in school. For young children who are inattentive, hyperactive, and impulsive, it can be especially difficult to pay attention and follow directions, and they need help understanding and practicing these behaviors.

#### **WHAT CHILDREN ARE PRACTICING AND LEARNING:**

- Listening to the teacher.
- Following teacher's directions.
- Raising a "quiet hand" to ask a question.
- Showing the teacher "five". This means to keep your eyes on the teacher, your ears open, your hands in your lap, your feet on the floor, and your mouth closed.

The children practice all these things with the puppets "Wally" and "Molly," and other puppet friends. We also watch video vignettes of children listening, waiting for a turn, and paying attention to the teacher. We play games that help the children listen, follow directions, and wait for turns.

#### **HOW PARENTS CAN HELP:**

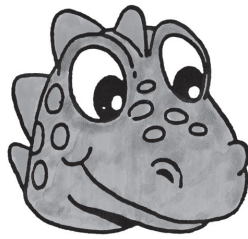
- Praise your child every time you notice him/her listening and following your directions.
- Praise your child for following family rules (or you can reward with a sticker).
- Do the Iguanodon Detective Home Activities with your child. Sign off the activities as "done" and send it back with the sticker chart to the next session (your child will get a bonus point for doing homework).
- See if your child can "Show You Five."

**READ: Chapters 1 & 2, "How to Play With Your Child" and "Positive Attention, Encouragement and Praise" in *Incredible Years Book*.**

Sincerely,  
Dina Dinosaur and her friends

**Letter #2**

# *Ideas for Parents When Doing Home Activities*



## **Dina's Tips for Academic and Persistence Coaching**



- "You are working so hard on that puzzle and thinking carefully where that piece goes."
- "You are so patient and just keep trying to solve that problem. I think you will find a great solution."
- "You figured that out all by yourself. You were really thinking well."
- "You are really concentrating and taking your time with that project."
- "I see you are carefully organizing everything before you start working. That is a good thinking strategy and good planning."
- "Wow, that is difficult. You are staying so calm and just keep persisting. I'm sure you can figure that out."





## *Dinosaur School Notes to Parents*

### **Iguanodon Unit Dina Teaches About Doing Your Best in School**

Hi!

Today we continued to work on school behaviors and had fun trying to ignore distractions and stay focused on an activity.

#### **WHAT CHILDREN ARE PRACTICING AND LEARNING:**

- Following Directions.
- Working hard and ignoring distractions.
- Learning how to “STOP-LOOK-THINK-CHECK” while working (concentrating).
- Cooperating with the teacher or another child.

#### **HOW PARENTS CAN HELP:**

- Continue to praise your child every time you notice him/her listening and following your directions.
- Praise your child frequently when working on the Dinosaur Home Activities. “You are really working hard and quietly and concentrating so well.” (Even if only for two minutes!)
- Do the Iguanodon Detective Home Activities at home with your child. Sign off the home activity and send it to the next session.

**Read: Chapter 3, “Tangible Rewards, Incentives and Celebrations” in *Incredible Years* book.**

Sincerely,

Dina Dinosaur and her friends

**Letter #3**



## ***Dinosaur School Notes to Parents***

### **Triceratops Unit Wally Teaches About Understanding, Detecting, and Talking About Feelings**

Hi!

Right now in Dinosaur School we are talking about feelings. Helping children to express their own feelings and recognize feelings in other people is the beginning of learning how to manage emotions and develop empathy for others!

#### **WHAT CHILDREN ARE PRACTICING AND LEARNING:**

- Basic vocabulary for many different feelings: happy, sad, embarrassed, tired, angry, excited, scared, patient, calm, curious, and loved.
- Clues children can look for to determine how others are feeling. For example, children are encouraged to identify feelings by looking at people's faces, listening to their voices, or by looking at their body language.

#### **HOW PARENTS CAN HELP:**

- Use "feeling talk" with your child. Label your child's feelings, particularly when s/he is happy, calm, proud, sad, or excited. Focus on more positive feelings than negative feelings. "You look proud you read that whole page."
- Share your own positive feelings with your child. "I am pleased with how you did that project." Or, "I am enjoying playing with you."
- Do the Triceratops Home Activities with your child. Sign them off and bring them back to the next Dinosaur School session.

#### **READ: Chapter 4, "Limit Setting" in *Incredible Years* book.**

Don't hesitate to call us if you have questions or want to learn more about what we are teaching in Dinosaur School. You can reach us at \_\_\_\_\_ .

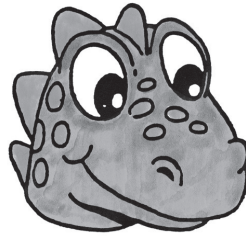
Sincerely,

Dina and her friends

**Letter #4**



# Ideas for Parents When Doing Home Activities



## Dina's Tips to Promote Emotional Literacy

- **Use "emotion coaching" with children.**
  - Label happy, sad, excited, frustrated, and proud feelings.
  - Focus on more positive than negative feelings.
  - "You look proud that you read that page."
  - When you comment on an uncomfortable or negative emotion, add a coping strategy. "You look frustrated, but you are sticking with it," or "I see you are angry. Thank you for using your words and keeping your body safe."
- **Share your own feelings with children.**
  - "I am pleased about how well you did that project."
  - "I am enjoying playing with you."
- **Model your own positive coping thoughts.**
  - "I am frustrated, but I can calm down."
  - "I can be patient, it just takes practice to learn."
- **Praise children when they successfully manage negative feelings.**
  - "I am proud of you for staying calm, even though you are disappointed you didn't get a turn."
  - "That is really frustrating, but you are doing such a great job of being patient and working hard to try different ideas."





## ***Dinosaur School Notes to Parents***

### **Triceratops Unit**

### **Wally Teaches About Understanding, Detecting, and Talking About Feelings**

We are still working on understanding feelings. This is a big job since there are so many different feelings people can have! Here are some things your children are learning:

#### **WHAT CHILDREN ARE PRACTICING AND LEARNING:**

- The names of lots of different feelings. Thinking of times when they have felt different ways and learning how people can have different feelings about the same event.
- Positive self-talk and how to change uncomfortable or sad feelings to happier ones. Every child picks a "happy" thought to think of when he or she is sad.
- Relaxation skills and thoughts. These are especially good to use when children are feeling angry.

#### **HOW PARENTS CAN HELP:**

- Continue labeling positive feelings such as happy, calm, relaxed, and proud.
- Share a time when you felt happy.
- Model your own positive coping thoughts. "I am frustrated, but I can calm down." Or, "I can be patient, it just takes practice."
- Praise your child when s/he successfully manages negative feelings (e.g., disappointment). "You are staying really calm, even though you didn't get a turn."
- Continue doing the Triceratops Detective Home Activities with your child.

**A Caution:** Be sure to model talking about positive feelings more than negative feelings with your child. It is also important not to blame your child for your negative feelings. For example, "You made me feel sad because you didn't obey me." Own your own feelings by saying, "I feel sad because you're not going to be on time for school."

**READ: Chapter 5, "Ignore" in *Incredible Years* book.**

Sincerely,

Dina and her friends

**Letter #5**



## ***Dinosaur School Notes to Parents***

### **Stegosaurus Unit**

#### **Wally Teaches Steps 1 & 2: Identifying a Problem and Finding a Solution**

Hello! Over the next month in Dinosaur School we will continue to expand children's feeling talk as well as help them learn how to be Problem Solving Detectives! Children will learn how to recognize they have a problem and then how to think about ways to solve that problem with appropriate solutions. Research has shown that children who use a variety of positive solutions when they play (such as sharing, taking turns) have more friends, are less aggressive, and are better liked by other children.

#### **WHAT CHILDREN ARE PRACTICING AND LEARNING:**

- Everyone has the same kinds of feelings (happy, sad, mad, angry, excited, scared), but people don't all feel the same way at the same time! Some things might make one person happy and another person sad.
- All feelings are okay, even mad and angry feelings. The important thing is what people do about the mad and angry feelings. It's okay to say that you are mad. It's not okay to hit someone when you are mad.
- How to know when you have a problem. Children are taught that if they have uncomfortable feelings, there is a problem.
- Children learn the first 2 problem solving steps:  
Step #1: What is my problem? (children state the problem)  
Step #2: What is a solution to the problem?
- Some of the solutions we will first practice are: SHARING & ASKING NICELY. At this stage, we focus on helping children think of many solutions to pretend problems. Before children can problem-solve in "real life" they need lots of practice learning and using the solutions!

#### **HOW PARENTS CAN HELP:**

- Help your child recognize problem feelings. "You look (frustrated, angry) about..."
- Help your child state the problem. "My problem is I want to play with the computer but my brother is using it."
- Encourage your child to think of a solution. Praise your child's efforts and avoid being critical of the child's suggestions. Make your own suggestions if your child is stuck.
- Do the Stegosaurus Detective Home Activities with your child.

**Read: Chapter 11, "Controlling Upsetting Thoughts" in *Incredible Years* book.**

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**Letter #6**



If you notice yourself or your child having a problem, ask, "So, what is the problem?" and "What are some possible solutions or ideas to solve that problem?" For example, "Oh dear, I've got a problem. I've run out of eggs. What are some solutions to my problem?" If your child is very angry, he or she will likely need time to calm down before trying to problem solve.

Remember to stimulate the process of thinking rather than coming up with correct solutions.

**READ: Chapter 8, "Teaching Children to Problem Solve" in *Incredible Years* book.**

**PLEASE NOTE:** It is important that you decrease your child's exposure to aggressive stimuli (e.g., aggressive cartoons and TV programs, aggressive sports, aggressive computer games).

Additional Notes:

Sincerely,  
Dina Dinosaur and her friends

**Letter #6**

# *Dinosaur School Notes to Parents*



## **Stegosaurus Unit Wally Teaches Problem Solving Step #3 “What are some other solutions?”**

Hi!

Today we talked about Problem Solving Step #3, “What are some more solutions?” We are helping the children learn there are many different solutions or choices they can make when there is a problem. Dina, Wally, or one of the other puppets come to Dinosaur School to talk about a problem he or she had. The children help the puppets

think of solutions to the problems. We also practice the solutions many times using role-play/practice and problem solving games!

### **WHAT SOLUTIONS CHILDREN ARE PRACTICING AND LEARNING:**

- Thinking of different solutions to problem situations. When children think of or learn a new solution, we add that solution to the children’s Detective Kit. Some of the solutions we focus on include: IGNORING, SHARING, WAITING FOR A TURN, ASKING NICELY, SAYING “PLEASE DON’T,” APOLOGIZING, AND GETTING AN ADULT TO HELP.

### **HOW PARENTS CAN HELP:**

- Encourage your child to think of and try out as many solutions as possible with pretend or hypothetical problems.

For young children it is helpful to play a game where you and your child brainstorm many different ways to solve a “pretend” problem. Then “act out” those solutions. Before children can solve real life problems, they need lots of practice using solutions.

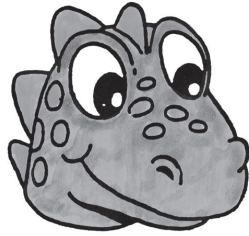
- Continue to identify and solve problems as they come up (for you or your child). Once you point out that there is a problem, encourage your child to come up with possible solutions. Try to get your child to think of lots of different ways to solve a problem. If your child thinks of a negative or inappropriate solution, you might say, “That’s a solution; can you think of another one?”
- Do the Stegosaurus Home Activities with your Child.

**READ: Chapter 12, “Time Out from Stress and Anger” in *Incredible Years* book.**

**Remember:** Don’t try to problem solve when you or your child are angry or upset. Wait until you are both calm to talk about solutions.

**Letter #7**

# Ideas for Parents When Doing Home Activities



## Wally's Problem-Solving Tips

- Step #1:** Help children recognize problem feelings.  
"You look (frustrated, angry, sad, embarrassed) about..."
- Step #2:** Help children define the problem.  
"My problem is I want to play with that boy's car."
- Step #3:** Encourage children to think of as many solutions as possible.  
Praise their efforts and avoid being critical of children's suggestions.  
Make your own suggestions if children are stuck.  
Stop problem solving if your child is very angry.
- Step #4:** Pick a fair and safe solution to try.  
For example: wait, share, take turns, try again, trade, walk away, ignore, get help from an adult, find something else to do.
- Step #5:** See if the solution worked. If not, try again!



## *Dinosaur School Notes to Parents*

### **Stegosaurus, Unit Wally Teaches Problem Solving Step #4 "What happens next?" (Consequences)**



Hi!

Problem-Solving is a complex process. Children continue to learn about and practice different solutions to common problem situations.

#### **WHAT CHILDREN ARE PRACTICING AND LEARNING:**

- Children learn that there are good and bad CONSEQUENCES to different solutions. For example, some consequences are good: if children share a toy, they both feel happy. Some consequences are bad: if someone hits, then the other person gets hurt and the child might get in trouble.

- Children practice thinking about the consequences of different choices. Preschool children may think of this as deciding

if a solution or choice makes them feel good or bad. School age children learn to evaluate solutions according to the following three questions: 1. Is the solution safe? 2. Is the solution fair? 3. Does the solution lead to good feelings?

#### **HOW PARENTS CAN HELP:**

- Reinforce your child any time you see him or her doing any of the following solutions - waiting a turn, ignoring, sharing, asking for a turn politely, getting an adult to help, trading, taking a deep breath and staying calm, walking away and doing something else.
- **Model your own problem solving thought processes out loud for your children to hear.** For example, you say, "I have a problem, I can't find my keys. What are some solutions to my problem?"
- **Keep doing the Stegosaurus Home Activities with your child.**
- Read with your child using Wally's Detective Book for Solving Problems at Home. Read 1-2 problem situations at a time and practice possible solutions.

**READ: Chapter 7, "Natural and Logical Consequences" in *Incredible Years* book.**

**Remember:** It is important to decrease your child's exposure to aggressive stimuli such as aggressive cartoons, computer games and TV.





**EXAMPLE SCRIPT FOR PARENTS:**

*PROBLEM: "It's mine! It's mine!"*

Parent: What's the problem? What happened?

Child: He took my bike and it's mine.

Parent: You're feeling pretty angry about him taking the bike, aren't you?  
[*acknowledge feeling*]

Child: Yes, I'm going to get him and push him down!

Parent: That's one solution to the problem - and what do you think would happen if you did that? [*Encourage thinking of consequences*]

Child: He'd be mad.

Parent: Yes, so you both would end up feeling mad and maybe even hurt. Can you think of a different solution to this problem?

Child: Well, I could share it for ten minutes. But he would have to give it back.

Parent: Yes, that's a fair idea. Is it safe, too?

**READ: Chapter 6, "Time Out to Calm Down," in *Incredible Years* book.**

**Additional Notes:**

**Letter #8**





## ***Dinosaur School Notes to Parents*** **Tyrannosaurus Rex Unit** **Tiny Turtle Teaches Anger Management**

In this session we began a new unit in Dinosaur School focused on teaching children anger management strategies. Sometimes children (and adults too) are too mad to be able to be good problem solvers. When that happens, it is important to learn how to calm down before trying to solve the problem. Today the children met a new puppet named Tiny Turtle who told the children about his "turtle power."

### **WHAT CHILDREN ARE PRACTICE AND LEARNING:**

- Tiny Turtle demonstrated how to calm down when angry. He taught the children these steps to calm down: STOP! Take a deep breath. Go into your turtle shell. Think to yourself, "I can do it. I can calm down." When you are calm, come out of your shell, and try again!
- Children learned to pay attention to the "clues" their body gives them to signal that they are angry (red face, hot feeling, tight muscles, rapid heart). We explained to the children that their bodies are like thermometers and sometimes when they are angry their bodies become very hot. But as they learn to take deep breaths and relax, they became cool again.
- We practiced using Tiny's secret many times. First with a big cardboard turtle shell, then finally with imaginary, invisible turtle shells that no one else can see.

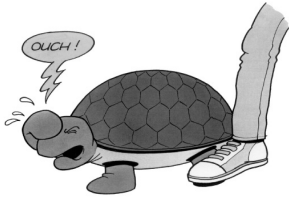
### **HOW PARENTS CAN HELP :**

- Step #1: When you see your child getting angry, encourage him/her to name the upset feeling.
- Step #2: Prompt your child to say "STOP" and to pretend s/he is going into his shell to calm down.
- Step #3: Encourage your child to take three slow, deep breaths and say "I can calm down." Think of something happy or peaceful.
- READ to your child: *Wally Learns a Lesson from Tiny Turtle* book.
- Do T-Rex homework Program 3, Part 4 Controlling Anger

**READ: Chapter 8, "Teaching Children to Problem Solve," in *Incredible Years* book.**

**Remember:** Notice times when your child seems calm or relaxed. Praise your child for his or her calm responses.

## Dinosaur School Notes to Parents



**Caution:** Don't try problem-solving talk if your child is very angry and upset or you are too angry to talk. If your child hit, Time Out is a good first strategy and then the situation can be talked about later when everyone has calmed down. Remember, maintaining self-control is difficult for most adults— however, it is even MORE DIFFICULT for children! Children have difficulty handling disappointment and frustration and it is hard for them to think ahead to better times.

### EXAMPLE:

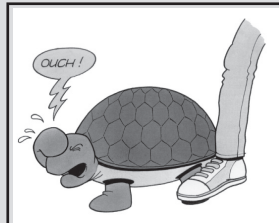
- Situation:* A boy was told by his mother that he could go shopping to buy a Halloween costume after school. When she picks him up from the school, he asks to go to the store.
- Seth:* Let's go to the store before it closes.
- Mother:* I'm sorry, we can't go, because I forgot your sister has a swimming lesson tonight.
- Seth:* But I want to go! You promised! Why can't we go?
- Mother:* Well, when the swimming lesson is over, there won't be time before the store closes. We need to get home to make dinner.
- Seth:* [yelling] I won't go with you to the pool! She can just miss her lesson! You promised! [child very angry]
- Mother:* [moves close and stays calm] Seth, you are getting out of control. Now is a good time to think about Tiny Turtle — what should you do?
- Seth:* [whining] Go to the store!
- Mother:* [guides him through the steps] Remember, the first thing is to go into your imaginary shell and tell yourself to stop. Take a big breath.
- Seth:* [takes a meager breath, still pouting]
- Mother:* Good job! You can control your anger—that's good! Now, tell me how you are feeling.
- Seth:* I'm mad. I wanted to get a costume and now you won't let me—it's not fair.
- Mother:* That's true—it doesn't seem fair. You are doing a good job calming down and talking about your feelings. Let's see if we can come up with any solutions to the problem. [continue problem-solving steps of generating ideas]
- Seth:* Well, can we go tomorrow night?

NOTE: If your child continues to tantrum and does not respond to the cue to calm down, simply acknowledging the disappointment and then ignoring the tantrum would be the best strategy.

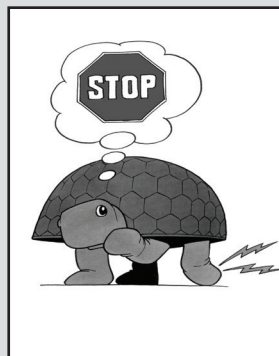
Letter #9

# Ideas for Parents When Doing Home Activities

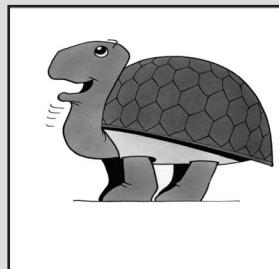
## Tiny Turtle's Secret for Calming Down



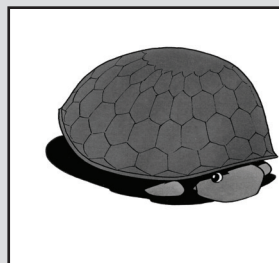
**Step #1:**  
Encourage children to name the upset feeling.



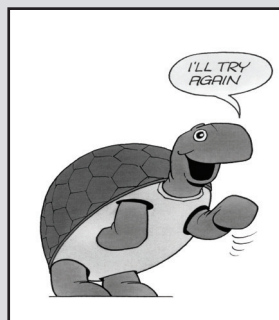
**Step #2:**  
Prompt children to say, "Stop."



**Step #3:**  
Ask children to take 3 deep breaths and say, "I can calm down."



**Step #4:**  
Coach children to go in their imaginary shells, and think of their happy place.

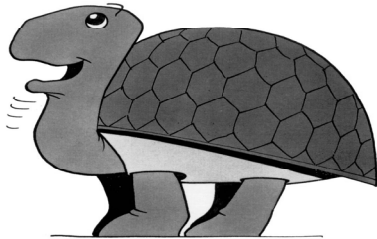


**Step #5:**  
When calm, encourage children to "try again" with a solution.

# *Dinosaur School Notes to Parents*

## **Tyrannosaurus Rex Unit**

### **Tiny Turtle Teaches Anger Management**



Hi!

We continued to practice Tiny's 5 steps to calming down and controlling angry responses.

#### **HOW PARENTS CAN HELP:**

- If your child calms down and takes deep breaths, praise his/her efforts at self-control.
  - Do the T-Rex Detective Home Activities.
- Model using this "turtle technique" yourself.

#### **Example:**

*Situation:* Sally has been playing with her friend and having a lot of fun. Mother says it's time to go.

*Mother:* I know you're having a lot of fun with Amy, but in five minutes we have to go.

*Sally:* No fair.

*[Amy and Sally resume playing for five minutes.]*

*Mother:* Okay, Sally, get your coat—it's time to go.

*Sally:* [angry] I don't want to go. Please? I'm staying. Amy said I can.

*Mother:* You're getting angry. I think this is a good time to think about Tiny Turtle. What should you do?

**READ: Chapter 6, "Time Out to Calm Down," in *Incredible Years* book.**

**Reminder:** If your child seems too angry to use the Turtle technique, s/he may need some time alone or a Time Out before s/he is able to listen to your prompts. Later when everyone is calm, you and your child can talk about the situation and practice Tiny's secret for next time. Remember, maintaining self control is difficult for most adults, but it is even more difficult for children!

Sincerely,

Remember you can reach us at this number \_\_\_\_\_

## *Dinosaur School Notes to Parents*



### **Review Problem Solving Steps**

Hi!

Today we reviewed all the problem solving steps and the anger management steps. We presented the children with problem situations and they acted out how they would solve these problems.

### **HOW PARENTS CAN HELP:**

- Keep labeling your child's positive feelings such as happy, calm, proud, excited, and loved.
- Try cueing your child to remember Tiny's Calm Down Steps when feeling angry or frustrated.
- Ignore tantrums, sulking, and defiant attitudes and wait until your child is calm to practice alternative solutions.
- Praise your child any time s/he uses a positive solution such as trade, ask, share, wait, take turns, and/or uses a calm down strategy such as taking a deep breath.
- Read *Wally's Detective Book for Solving Problems at School*.
- Do the Tyrannosaurus Rex Detective Home Activities.

**READ: Chapter 9, "Helping Children Learn to Regulate their Emotions," in *Incredible Years* book.**

**Caution:** Don't try problem-solving talk if your child is very angry and upset or you are too angry to talk. If your child hit, Time Out is a good first strategy and then the situation can be talked about later when everyone has calmed down. Remember maintaining self-control is difficult for most adults and even more difficult for children!

## ***Dinosaur School Notes to Parents***



### **Allosaurus Unit Molly Teaches How to Be Friendly “Helping”**

Today we started a new unit and talked about friendship skills and how to make and keep friends. Children who are aggressive, hyperactive, or socially withdrawn often don't know how to make friends, nor do they understand the principles of cooperation and balance in a give-and-take relationship.

#### **WHAT CHILDREN ARE PRACTICING AND LEARNING:**

Children learn the importance of helping someone in order to make friends with them. They play friendship games where children are helping each other.

#### **HOW PARENTS CAN HELP:**

- Invite a playmate over for a playdate. Praise your child for helping his/her friend by sharing toys or offering a snack, etc.
- Ask your child to help you with some household activity (garden, clean up). Praise your child's helping behaviors.
- Do the Allosaurus Detective Home Activities with your child.

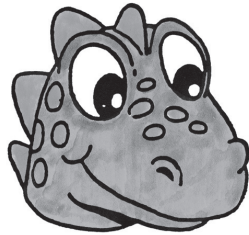
**READ: Chapter 10, “Teaching Children Friendship Skills,” in *Incredible Years* book.**

Sincerely,

Remember you can reach us at this number \_\_\_\_\_

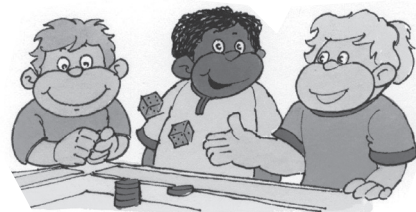
**Letter #12**

# *Ideas for Parents When Doing Home Activities*



## **Molly's Tips for Encouraging Friendships**

- Set up play dates for your children and consult with your child's teachers about good peer matches.
- Provide cooperative, unstructured play activities and use social and emotional coaching while children play.
- Praise children playing together for being friendly, helping each other, sharing, accepting a suggestion, and waiting their turn.
- Model friendly behaviors for your child such as asking politely to play or for a turn, waiting, asking for help and giving a compliment.
- Participate in pretend and make-believe play by using puppets or dolls.
- Laugh and have fun.





## *Dinosaur School Notes to Parents*



### **Allosaurus, Unit Molly Teaches How to Be Friendly "Sharing"**

#### **WHAT CHILDREN ARE PRACTICING AND LEARNING:**

Today we continued talking about friendship skills and how to make and keep friends. We focused primarily on the concept of sharing and played cooperative art activities where children practiced helping and sharing with their friends.

#### **HOW PARENTS CAN HELP:**

- Invite a playmate over for a playdate. Praise your child for helping and sharing with his or her friend (e.g., "You two look like you're having fun together, Jamal is sharing with you, that is very friendly.").
- Play with your child and model sharing and helping.
- Do the Allosaurus Detective Home Activities with your child.

**READ: Chapter 10, "Teaching Children Friendship Skills," in *Incredible Years* book.**

Remember you can reach us at this number \_\_\_\_\_

## *Dinosaur School Notes to Parents*



### **Allosaurus Unit Molly Teaches How to Be Friendly “Teamwork at School”**

Hi!

Today we reviewed and practiced helping and sharing skills and discussed the concept of teamwork at school.

#### **WHAT CHILDREN ARE PRACTICING AND LEARNING:**

- How to work in small groups or teams and help each other achieve a common goal.
- How to follow teacher’s directions and cooperate in a group at school.
- What it means to be a “team player” or good sportsman.

#### **HOW PARENTS CAN HELP:**

- Continue to invite a playmate to play with your child.
- Play with your child and praise your child whenever s/he shares, waits, takes turns, or helps you with something.
- Read some more problems from the *Wally’s Detective Book for Solving Problems at School*.
- Do the Allosaurus Detective Home Activities with your child.

**READ: Chapter 12, “Time Out from Stress and Anger,” in *Incredible Years* book.**

**Letter #14**

## *Dinosaur School Notes to Parents*



### **Allosaurus Unit Molly Teaches How to Be Friendly "Teamwork at Home"**

Hi!

Today we talked about how there can be teamwork at home and how families are like teams. Children were asked about their jobs at home and how they help out.

#### **WHAT CHILDREN ARE PRACTICING AND LEARNING:**

- How to help out parents at home.
- How to help a younger sibling.

#### **HOW PARENTS CAN HELP:**

- Continue to set up playdates with a friend of your child's. Help your child plan for this visit.
- Play with your child and praise him or her whenever s/he shares, waits, takes turns, or helps you with something.
- Do a teamwork activity with your child such as a cooking project, setting the table, cleaning a room, or garden activity. Write down an example of this and bring to the next session.
- Do the Allosaurus Detective Home Activities with your child.

**READ: Chapter 13, "Effective Communication Skills," in *Incredible Years* book.**

**Letter #15**



## ***Dinosaur School Notes to Parents***

### **Brachiosaurus Unit Molly Explains How to Talk With Friends**

#### **WHAT CHILDREN ARE PRACTICING AND LEARNING:**

Many children have difficulty knowing what to say to get a conversation going and do not know how to give positive feedback. Training in conversational skills has been found to enhance a child's ability to make friends and get along with others. In this last unit we teach effective communication skills, such as how to speak up, make suggestions, ask questions, and listen well.

#### **HOW PARENTS CAN HELP:**

Reinforce your child (with praise and/or stickers) when you see him/her doing any of the following behaviors with another person:

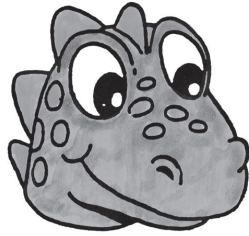
- listening or waiting to talk;
- taking turns talking;
- asking questions of a friend;
- telling or suggesting an idea to a friend;
- giving a compliment to someone;
- introducing him/herself to someone;
- sharing something about him/herself with someone;
- inviting another child to join in play;
- saying thank you;
- talking about a problem or a difficult feeling;
- Do the Brachiosaurus Detective Home Activities with your child.

**READ: Chapter 14, "Problem Solving Between Adults," in *Incredible Years* book.**

Thank you, parents, for participating with us in implementing the Dinosaur curriculum. We feel parent participation and encouragement at home has made all the difference!

**Letter #16**

# *Ideas for Parents When Doing Home Activities*



## **Molly's Tips for Social Coaching**

- "That's so friendly. You are sharing your blocks with your friend and waiting your turn."
- "You listened to your friend's request and followed his suggestions. That is very friendly."
- "You waited and asked first to use that. Your friend listened to you and shared."
- "You are good team players. You are helping each other to make that tower."
- "That is frustrating but you are both staying calm and working hard. Together I think you can figure how this puzzle goes together."



