

MY TURN!!!

Learning to wait for a turn will help your child to:

- Cooperate better with others
- Increase his patience.
- Listen to others and follow directions.

Ideas to try with your child:

- Play a game that involves waiting such as “Freeze Dance.” Play your favorite music for a minute or two. When you stop the music, the dancers must freeze like a statue.
- As you go about your day, point out what to do while you are waiting. For example when you’re:
 - Standing in line quietly at grocery store,
 - Reading or talking quietly in doctor’s office,
 - Waiting for the light to turn before crossing the street.
- Praise your child when she shows patience with family and friends. “Maya, you were very patient waiting for your little brother to get his shoes on.”

If your child is struggling:

- Being patient is not an easy skill. Give your child something to look at while she waits. Use a small kitchen timer or the microwave timer to help your child keep track of time. When the timer goes off, thank her for waiting and allow her the activity, such as playing outside or her turn for a special toy.

Going further:

- Play a board game like Candyland or a simple matching card game like “Uno” or “Go Fish.” Use words like, “Your turn now and then it’s my turn.”
- Talk to your child about how she feels when her friends don’t wait their turn. This will help teach empathy.
- Read the book: *My Mouth is a Volcano* written by Julia Cook

The WA State Department of Early Learning and the Richland School District believes that parents, families, and caregivers are young children’s best teachers. This resource guide, part of *Strong Foundations for School: Resource Guides for Parents of Young Children*, highlights a key developmental skill for **children Ages 3-4** that parents can help improve at home.

Adapted from *WA State Early Learning and Development Guidelines, 2012: “Wait for a turn”, Building Relationships, pg. 59*

