

Helping Your Child Become a Leader: Ages 5-Kindergarten

Letting your child help younger children will:

- Build her self-confidence
- Help her to identify her strengths and interests



Ideas to try with your child:

Give your child chances to teach younger children things she knows.

- At the playground, look for opportunities to have your child help younger children:
 - Tie their shoes
 - Zip a jacket
 - Push a button on the drinking fountain
 - Take a turn on the slide
- At home, your child could help a younger child:
 - Get a glass of milk or pour cereal into a bowl
 - Clean up toys or make the bed
 - Put on socks or a coat

If your child is struggling:

- Have your child help you instead. This lets you show her how to be a leader and a helper.
 - “Oh no! I can’t put on my coat! Can you help me?”
 - “I’m hungry! What can I eat?”
 - “Ouch! That toy is in my way!”
 - “Boo Hoo! My tower fell over!”

Going further:

- Have your child teach a younger child a familiar game like Tic Tac Toe, Go Fish, Red Light Green Light, Duck Duck Goose, or Simon Says.
- Give your child the job of reading a book to her younger sibling before bed.

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 of Kindergarten age** that parents can help improve at home.