

ASKING FOR HELP!



WISE was back to talk about asking for help!

There are many times when people need to ask for help, when they are little and even when they are grown-up. We learned that we can always ask an adult for help when we are unsure about something, including if someone makes us feel uncomfortable or touches us in ways that are confusing. Sometimes we like touching and sometimes we don't. We should always ask people before we touch them and people should always ask us before they touch us. It is OK to say "No" to touching, and touching is never a secret. If we are ever confused about a touch we can ask an adult who we trust.

We practiced asking for help with other things like if we are scared, or if we want a snack. We played a Ball Toss game, and when the ball was rolled to us we said the name of an adult who we could ask for help. Finally, we read *Miles Is The Boss Of His Body* by Abbie Schiller and talked about asking adults for help around touches.

You can help WISE reinforce these important messages!

BOOK

For kids: "Uncle Willy's Tickles"
by Marci Aboff

For caregivers: "Mayday: Asking
for Help in Times of Need"
by Nora Laver

ACTIVITIES

When you have to help your child with something, explain to them why. "We need to hold hands to cross the street to keep you safe."

When your child is frustrated, name the feeling and ask, "What can I do to help?"

Listen for when your child asks for help and thank them for asking.