

# It's Something New

## Primary Objectives

2a. Forms relationships with adults

## Why It's Important

Some children have difficulty adjusting to new situations and people. They will be more likely to interact in these new circumstances if they have a caring, trusted adult to guide them through the process.

## Materials

None

## What You Do

1. Acknowledge the new situation verbally to your child. *You noticed Rohan's dad come in.*
2. Give your child words to name his feelings. *You are nervous because there is a new person in the room.*
3. Validate his feelings. *Seeing new people can make us feel nervous.*
4. Explain what the situation is to your child so he knows why this new person is present or why a new event is taking place. *Rohan's daddy is here to have lunch with us. He will sit next to Rohan. Oh, look. Rohan is so happy to see his daddy.*
5. As you respond to your child's feelings, observe his reaction. Notice when he looks to you for guidance when something new happens.