

## Help Please Script

As adults we often jump in before children need us. They therefore lose the ability to ask. This can put them in difficult situations when they are older as they have no strategy to put in place when they need help. This leads to frustration, temper tantrums, extreme bouts of anger or tears.

Step 1 - Move a little away from the child. Give them time to struggle then say "help please". When they echo you, say "I can help" then help them. Give praise, "good asking for help \_\_\_".

Step 2 - Stand nearby. Allow to struggle. Prompt with "You need to say help please". When they ask, respond with "I can help". Help them. Give praise, "good asking for help \_\_\_".

Step 3 - Stand a bit further away. Prompt with "what do you need to say?". When they answer, respond with "I can help". Help them. Give praise "good asking for help \_\_\_".

Step 4 - Move away from them. Visual sign (hold out hands and lift eyebrows). When they say "help please", respond with "I can help". Help them. Give praise, "good asking for help \_\_\_".

Step 5 - Stay where you are in the room. Expect them to come to see you to ask for help. Praise when they do, "good asking for help \_\_\_".

***When you get stuck say to them "help please" -  
they really like it!***