

## ENCOURAGE YOUR CHILD TO TELL YOU HOW TO SOLVE A PROBLEM

Let children learn early to take care of their own bodies. The they'll make healthier choices for their bodies later on.

Here's what Bonnie Brauer, a teacher's aid in Rochester, New York, recommends:

When your child falls down and has a minor injury, don't try to "fix it."

Show some compassion, Then ask, "What does your body need to do to fell better now?"

Almost always, a child will come up with an appropriate action: "I need a Band-Aid."

If your child says, "I don't know," suggest, "Just sit quietly and listen to your body. Then tell me

what you need."

Your child will feel empowered. He will realize he's in control of his body.

Plus he'll be less likely to over-react. Instead of crying, he'll focus on finding a solution.

