

# Supporting *Parents* to Teach their children to



**S**elf-talk and Positivity. **M**indfulness and Manners. **I**ndependence.  
**L**isten and Learn Language. **E**xpressing Emotions of Self and Others.

# Introduction: Encouraging Parents to engage with SMILE

## Contents of SMILE parenting resource

- Practitioner presentation
- Letter to parents
- Baseline questionnaire (optional)
- SMILE skills check list for parents of children aged 3-4yrs.
- Smaller step check lists of targeted support on independent skills

## SMILE Parent Engagement Strategy

### *Universal support for parents -*

Share the SMILE approach with parents; letter or presentation.

Share the resources; SMILE skills check list

Questionnaire of current independent skills (an option if you want to identify core areas of need)

Ideas for SMILE in the home.

### *Targeted parent support -*

Smaller step support for independence skills for toileting, eating, drinking and sleeping.

*Bespoke support for parents.* - 1:1 support by setting or other agencies, possibility to create a personalised skills checklist with parents (blank one provided).

# Finding out about your child's independent SMILE skills.

Child's name:.....

Family Group/Teacher: .....

## Tick what they can do every day confidently

Self-talk and positivity	Mindfulness and Manners.	Independence	Listening and learning language	Expressing emotions of self and others
<b>At home my child can ...</b>				
Show pride in something they've done.	✓ x Wait for a couple of minutes, if they've asked for something without getting upset or impatient.	✓ x Use the toilet all by themselves	✓ x Can listen and respond when you call their name.	✓ x Use words like angry, sad.
Tell you what they like and don't like.	✓ x Say or sign hello and goodbye to their friends and family.	✓ x Choose their clothes for the day and help put them on	✓ x Understand the different things you say to them.	✓ x Answer the question 'how are you feeling today?'
Be calm and attentive whilst sharing a story with you.	✓ x Say or sign please and thank you,	✓ x Seep in their own bed all night long.	✓ x Can follow a simple instruction without you needing to point.	✓ x Make a happy, sad, angry face.
Not give up and instead keep on trying when things are tricky.	✓ x Help around the house with simple jobs like tidying their toys away.	✓ x Help make their own lunch.	✓ x Can use around 300 words.	✓ x Stop themselves crying after a very short while.
Enjoy new experiences and visiting new places.	✓ x Know when they have you sad?	✓ x Don't need their dummy during the day.	✓ x Can link 5 words together when talking to you in a short sentence.	✓ x Accept being told 'no' and not starting crying when they don't get what they want.
Choose a game for you to play with them.	✓ x Enjoys playing with their toys rather than a TV/phone or tablet	✓ x Use cutlery to eat their food.	✓ x Likes to ask questions using where, why and when words.	✓ x Understand when adults are feeling happy or sad.
Enjoy eating a range of different food and textures.	Can lie in bed and sooth themselves to sleep.	Drink from an open cup and on longer need a bottle or sippy cup.	Play a turn taking game with you.	Can recognise the emotions of characters in story books.

# SMILE skills checklist

Self-talk and positivity	Mindfulness and Manners.	Independence	Listening & learning language	Expressing emotions of self and others
<b>Teach your child to...</b>				
Say three things I'm good at "I am good at..."	Say or sign 'please' and 'thank you' when they ask for something.	Feed themselves with utensils and drink from an open cup.	Turn and look on hearing their name, practice calling them.	Use the Makaton sign for happy and sad
Have a 'can do' attitude to new experiences and skills "I can do it..." "I will give it a go..."	Wait for a short time when they have asked for something.	Learn new skills such as putting on their coat, fastening their shoes and helping to dress themselves.	Listen when you talk, by talking clearly and in full sentences.	When sharing a story, pretend to feel and sound like the characters; an angry wolf, an excited princess or a grumpy bear.
To be calm and attentive when sharing a book.	To know when they have made an adult feel sad.	Walk safely, holding hands when they walk along the pavement.	Learn a new word each day, practice using it with them in lots of different ways.	Talk about their emotions when they are feeling them "I am happy"
To be able to choose a game to play together.	Help with simple jobs around the home such as tidying their toys away, sorting washing etc.	To be able to go to the toilet all by themselves	Link as many words as they can together. Respond back to them by copying what they said, but add one more word.	Recognise emotions of others, when they look at facial expressions and body language.
Not to give up when they find things difficult	Is accepting when TV/phone/tablet is turned off.	Sleep in their own bed all night long.	Have lots of conversations every day, talk to them about what they see happening around them.	Help calm themselves when they get upset.

# Opportunities to SMILE through Home Routines

Self-talk and positivity	Mindfulness and Manners.	Independence	Listen & learn language	Expressing emotions of self and others
<b>At home together you could...</b>				
Praise them for what they achieve, so that they learn to feel pride in their own achievements.	Praise them for waiting as they wait for something they've asked for.	Encourage them to say or sign when you notice they need the toilet.	Share a story each day and praise them for good listening when they are calm and attentive.	Label their feelings for them when you see them... 'I can see you're angry because ...'
Ask your child what they would like to do next?	Encourage them to say or sign hello and goodbye to friends and family.	Allow them lots of time and offer encouragement for them to use the toilet all by myself.	Offer them choices at meal times and ask them to say what they would like.	Ask them 'how are you feeling today?' Talk about your own feelings
Each morning, talk through the days planned events and all the positive things that are going to happen.	Set them a good example, and encourage all family members to say please and thank you at home.	Allow extra time for them to practice getting dressed by themselves.	Give them simple instructions when tidying their toys away. Try to use words like in, on, under and inside.	Pull faces in the mirror, explorer making happy, sad and angry faces.
Encourage them to learn a new skill each week and praise them for not giving up and keep on trying. Such as zipping up their coat, putting on their shoes.	Limit the use of screen time they have when they are using a tablet/phone.	Have a fixed bed time routine for each evening, include a bath and no TV or screen time after 6:00pm	When driving in the car or riding the bus, talk about the things they notice around them.	Talk about the things that make you and your child feel happy or sad. Teach them new words to describe emotions, like excited, frustrated etc.
Talk about things you and other family members are good at.	Get them involved in simple jobs around the home each day.	At night time, let them choose their clothes for the next day.	Make bath time fun by singing songs and saying rhymes together.	When you have to say 'no' explain why and then don't give in.
At the end of day, talk through the day and all the good and exciting things that happened.	Find local places to enjoy physical exercise, nature and fresh air together. Talk about the different things you see, smell and feel.	Once a day, let them help make a meal such as breakfast, lunch or dinner. Encourage them to touch and taste different foods.	Teach them one new word each day and see how many times you can use it throughout the day so that they really understand what the word means.	When sharing stories together talk about the emotions of characters and notice their facial expressions. Change your voice to match the feelings.

# SMILE Toileting Checklist

The skills I need to help me use the toilet **independently**

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- Recognise and say when I need the toilet.
- I will go to the toilet when you say 'toilet time'.
- I can sit for short time on the toilet
- I can sing a song or play a 'copy me game', whilst sitting on the toilet.
- I can manage the toilet routine with a little help.
- I can go to the toilet all by myself.
- I am happy to use toilets in different places.



## SMILE Steps to Reducing Bottle Use.

The skills I need to help me drink from an open cup **independently**



I know I can only use my bottle for a drink of milk or water before bed.

I have a special open cup to drink from.

I can drink without spilling from my cup, when it has just a little bit in.

I enjoy drinking milk or water from an open cup when it is half full.

I no longer use my bottle during the day or for my b



# SMILE Dental Health Checklist

The skills I need to help my teeth grow strong and healthy.



If I have a sugary drink or food, it is at meal times.

I no longer use a dummy or bottle and instead drink from an open cup.

I can see myself in a mirror when I clean my teeth.

I know how much toothpaste to put on my soft toothbrush

I can use a timer to clean my teeth for 2 minutes.

We clean our teeth together twice a day together.

We visit the Dentist together every 6months.





# SMILE Steps to Reducing Dummy Use

The skills I need to help me be **independent** from my dummy.



I cannot fetch my dummy when I want it (hide all the dummies out of sight and reach of your child)

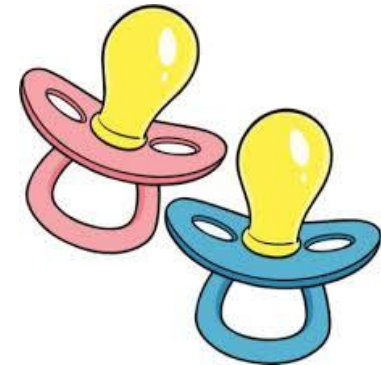
I will give you my dummy when asked, especially when I want to talk.

I can delay having my dummy if you distract me.

I like it when you reward me for not using my dummy during the day.

I can swap my dummy, when you offer me a choice of other ways to help me sooth myself.

I am happy to give my dummy to some one special.



# SMILE Check list for helping fussy eating

The skills I need to help me eat more **independently**



I can sniff new foods.

I can lick new foods.

I can take a tiny bite of new foods.

I can help make my lunch.

I can try a new food from my food rainbow each day.

I can eat a different rainbow every day.



**EAT THE RAINBOW!**



# Eat the Rainbow Checklist



**M**   **T**   **W**   **Th**   **F**   **Sa**   **Su**

<b>Red Food</b>							
<b>Orange Food</b>							
<b>Yellow Food</b>							
<b>Green Food</b>							
<b>Blue Food</b>							
<b>Brown Food</b>							

**Green Foods**  
 Kiwi, spinach, cucumber, broccoli, avocado, green beans, sprouts, courgette.

**Blue Foods**  
 Blueberry, blackberries, raisins, plum, aubergine.

**Brown Foods**  
 Brown rice, brown pasta, oatmeal, chocolate, nuts, nut butter, breadstick.

**Red Foods**  
 Apple, tomato, strawberry, cherry, red grapes, salsa red pepper, pomegranate.

**Orange Foods**  
 Sweet potato, butternut squash, carrot, orange, peach, mango, cantaloupe.

**Yellow Foods**  
 Banana, pineapple, corn, humous, cauliflower, potato, cheese.

# SMILE skills personalised checklist

Self-talk and positivity	Mindfulness and Manners.	Independence	Listening & learning language	Expressing emotions of self and others
Teach your child to...				