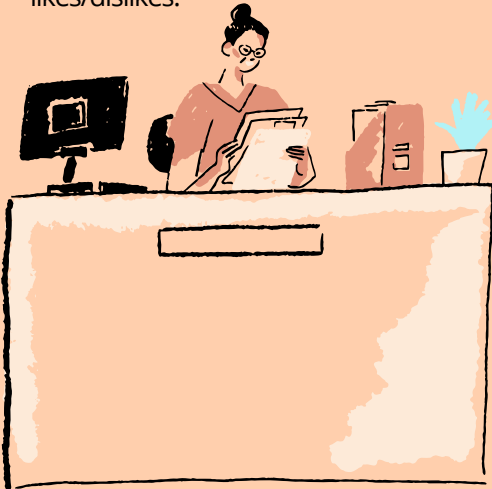


Help Build Emotional Health

- Practice labeling feelings.
 - Give the child more specific names for their feelings. For example, say “anxious” instead of “mad” or “sad”.
- Teach them about their bodies.
 - Help them say where in their bodies they feel their feelings, such as an upset stomach when they are nervous.
- Practice deep breathing.
 - Using things like “smell the cookie, blow out the candle” (breathing through the nose and out the mouth) can help the child calm down.
- Build a bond
 - Spend 10-15 minutes with the child and only talk about what they want to talk about. Learn about them and their likes/dislikes.



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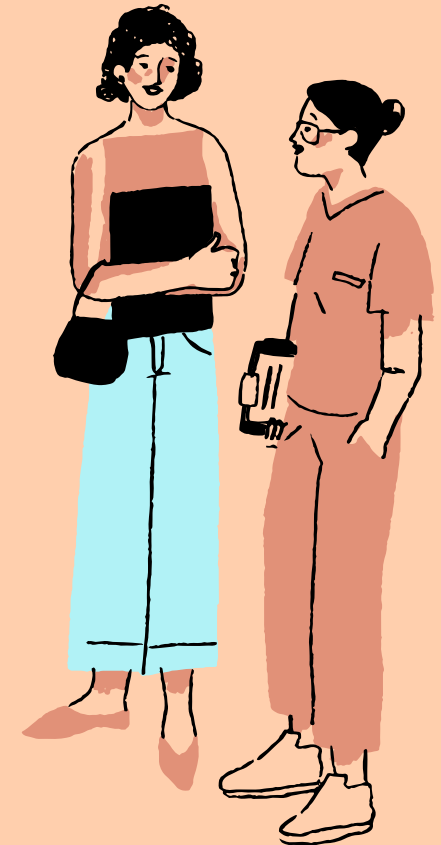
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Still Have Questions?

Contact STARS Therapy at:
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Carson KIDS

Guide to Child Development



Years 6-9

Years 6-9

It's important that your child grows in their own time, but what can you expect to see, and what can be a warning sign?

6-7 Years

- Can run, jump, and climb while playing. Likes to be active and follow rules.
- Uses pencils, crayons, and scissors, and has good control of each.
- Can tell stories and ask questions.

7-8 Years

- Getting better at running, jumping, and playing sports. Better balance and control of body.
- Better handwriting speed and control, and can make crafts.
- Can solve problems, work in a team, and work out issues with others.

8-9 Years

- Better and easier at moving body and playing sports.
- Can use tools without help, such as scissors or pencils/pens.
- Can understand social rules, have long talks with others, and explain their own ideas.

Helping Your Child Grow

Here are some things you can do to help your child learn and grow

Activities 6-7

- Play hopscotch to help build balance skills
- Practice drawing shapes, cutting on lines, and doing buttons on clothes.
- Read together and ask questions.
- Work on asking for help, and taking-turns.

Activities 7-8

- Play with balls and jump ropes.
- Draw and paint crafts.
- Work on tying shoelaces.
- Play pretend to solve issues with others.

Activities 8-9

- Play sports such as soccer, basketball, and other games that need the arms and legs to do different things.
- Play logic games, and cook with caregivers watching.
- Read stories and talk about what you read, work on speaking and listening.

Warning Signs

Abnormal things a child can do that can be a warning sign are not making eye-contact, repeating sounds or making the same motions over and over, not speaking or trying to speak, not answering to their name, or getting overly upset after touching, tasting, or hearing something they do not like.

What do I do?

If you notice your child may have delays, speak with your child's doctor.

