

# Helping your child ask for help in school

It's important for your child to recognise when they have not understood an instruction and to ask for help when they need it. This will help your child to follow instructions correctly, instead of guessing what the teacher wants them to do and possibly getting it wrong.

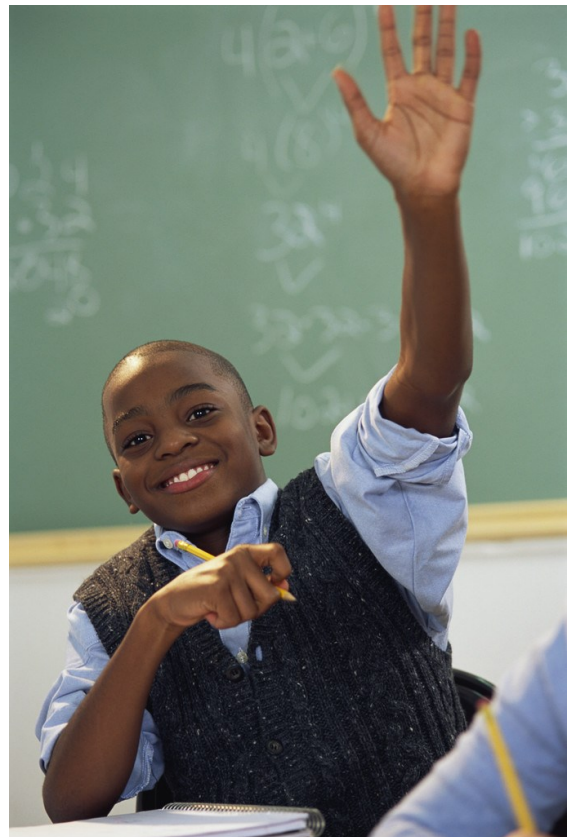
## How to help your child tell someone when they have not understood

Introduce the idea of 'asking for help' by talking about how sometimes people can say things that other people do not understand.

Play games where you give your child instructions that they will not be able to understand, for example "Colour the feline black".

Show your child how to use the 'OK' or 'not sure' cards and get them to point to the 'not sure' card when you give a 'silly' instruction. Older children might use a 'secret' system like putting a red pen out if they need help, or a green pen if they're OK.

Encourage your child to use the 'OK' or 'not sure' cards in class to think about whether they can understand the teacher's instructions or not.



## How to help your child tell someone WHY they have not understood

Play games where you give your child instructions that they cannot understand and see if they can ask for help.

For example:

If you spoke too quietly, they could ask "could you say it a bit louder please?"

If you said "Colour the feline black" they could ask "What does 'feline' mean?"

Children's  
speech and  
language  
therapy

**Asking for help in class  
(you could copy these back to back, and the  
child can turn the card over when help is  
needed)**



OK



Not sure