

# Care for Kids Caregiver Newsletter

## Lesson 1: Asking for Help

### Lesson messages

- Sometimes we like touch and sometimes we don't.
- Sometimes we need to ask for help and touching is never a secret.
- When one grown-up can't help us, we can ask two or three other grown-ups for help.

### Useful books

- For children: *All by Myself*, by Mercer Mayer, and *Uncle Willy's Tickles*, by Marci Aboff
- For caregivers: *Mayday: Asking for Help in Times of Need*, by Nora Laver

### What we learn in this lesson

During this lesson, we learn that sometimes people like touch and sometimes they don't, and that both are OK. We brainstorm, as a class, all the different reasons we may need to ask for help, from asking for help with a ripped book to asking for help because someone is pushing in the lunch line and we don't know what to do. We then talk about all the adults that we feel comfortable asking for help when we need it. An important message that we hear in this lesson is that everyone has the right to set boundaries, or limits, around touching, and we all have a right to expect that our boundaries will be respected. Touching is never a secret. We read a book about asking for help and we also do an activity.

### Questions?

If at any point you have any questions or concerns about Care for Kids, please contact the Care for Kids Team at:

**Prevent Child Abuse Vermont**  
Montpelier, VT  
802-229-5724  
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### Things you can discuss with your child

"What are some things you ask for help with when you are at home?"

"Who do you ask for that kind of help?"

"Who are some other people you can ask for help when you need it?"

When your child is frustrated, ask, "What can I do to help?"

Encourage them to ask for help the next time they feel frustrated. Model this behavior for your children — adults can ask for help, too!

Listen for when your child asks for help and thank them for asking.