

# Care for Kids Caregiver Newsletter

## Lesson 5: Asking for Permission

### Lesson messages

- Sometimes we like touching and sometimes we don't.
- Touching is never a secret.
- A person may say no to touching.
- Don't touch a person who says no to touching.
- We can ask for help if we have questions about touching.

### Useful books

- For children: *Hands Off, Harry!* by Rosemary Wells
- For caregivers: *Keeping The Peace: Practicing Co-operation & Conflict Resolution with Preschoolers*, by Suzanne Wichert

### What we learn in this lesson

We learn about asking for permission before touching other people in this lesson. We learn why it is important to ask permission, we practice how to ask, and we practice respecting someone's answer, whether it is "yes" to touching or "no" to touching. Sometimes hearing the word "no" does not feel so good, especially when we want the answer to be "yes," so that is why we practice what we can do or say when we hear the word "no." It is important for us all to respect each other's boundaries, or limits, about touching and receive support when we set our own boundaries. We read a book about what happens when we don't ask for permission to touch.

### 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  
pcavt@pcavt.org  
www.pcavt.org



### Things you can discuss with your child

"When are times we need to ask permission in our home?"  
Are these different than in school? What about at the grocery store?

Model asking for permission before you touch someone, including your child. "Good job today at the soccer game! Wanna give me a high-five? or "I missed you a lot today while I was at work, can I give you a hug?"

Discuss with your child what they can do or say when they don't want to be touched by someone. If it is hard sometimes for your child to say NO, this is OK, but do let them know that you support them saying NO to touching of any kind because you respect them.

If you see that your child does not want to be touched by someone, a hug from Grandma for example, step in and suggest that your child give a high-five or a wave goodbye instead. Model that you respect your child's personal boundaries/limits that they have set at that moment.