You are YOU!

Celebrating your uniqueness

How to talk to your child about their differences in...

- Attention
- Motor skills
- Social skills

1. Our bodies and brains are unique - there are no two of us that are the same. Each of us has...

- Things we like to do and things we prefer not to (e.g. read vs. run marathons)
- Things that are easier for us and some things that are more challenging (e.g. playing Mariocart vs. baking a cake)
- Things that we can do by ourselves and things we might need help to do.
- We might be "a little good" at something like running, but not as fast as an Olympic athlete or it might be something that is tricky

2. Sometimes we might need help...

- By using a tool. Some people need glasses to help them see things far away because of the way their eyes are.
- By practicing. Sometimes we need to practice a skill more than others because it is a little harder for us.
- By learning new ways to do things... to make it easier, faster or less frustrating.
- Sometimes medicine or other activities can help our body or brain to work its best.
- Slowing down and noticing or paying attention

It is SUPER important to find ways to be the best YOU can be... and that may be different than your brother, your sister, your cousin or your friend. We all have things we are good at and enjoy, and things that we need to practice and learn.

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