

Lesson 18: Managing Waiting

What Is My Child Learning?

Your child is learning how to wait. Calming down and then doing something quiet helps your child wait. Learning how to wait helps your child learn at school and at home.

Why Is This Important?

The ability to wait is an important part of emotion management and school success. Research on young children with good waiting skills shows that they're better prepared for school.

This lesson may be particularly helpful during a time when children must wait for things more often. For example, it may take longer to get supplies or food items children are used to having at home.

Vocabulary

Practice this word with your child before or during the lesson:

- Excited: to be happy about or look forward to something

After the Lesson

- Have your child think ahead to situations when counting will help them wait.
- Have your child practice different ways of counting: counting objects of a certain color or size, counting all the other people at the dinner table, counting all of those people's eyes, ears, noses, and feet, and so on. Have your child draw a picture of their favorite thing to count.
- Work with your child to complete the lesson [Home Link](#).

Daily Practice

Try doing these activities with your child to help reinforce what they've learned:

- Play the Wait and Count game described on the lesson [Home Link](#). Say: **You'll wait here while I walk into another room and then come back. While you wait, count all the red things you see. When I leave, start counting.** Walk to another room and come back. When you return, ask your child how many red things they counted. Take turns being the one who counts. Continue to play, counting items of other colors or shapes.
- Watch "[The Waiting Song](#)" video together.

Create a Second Step Account

1. Go to www.secondstep.org
2. Under New Users, click "Create Account"
3. Complete the required fields
4. Add Program Activation Key: SSPE FAMI LY68

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