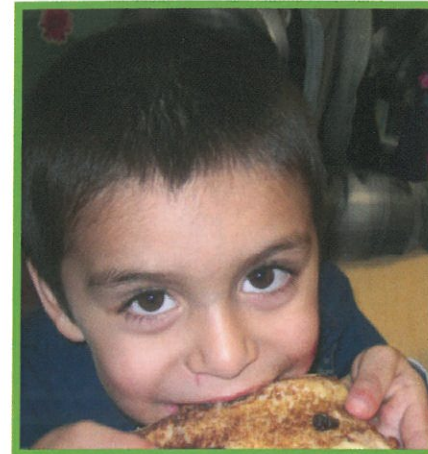


## Health and Education Standard

Demonstrates health/mental wellness in individual and cooperative social environments.



Your child is learning about self-care routines, such as hand washing. It also includes your child's social skills, such as getting along with others and playing together.

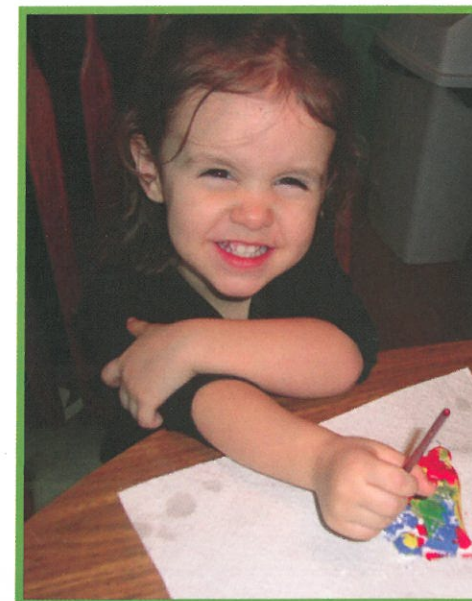
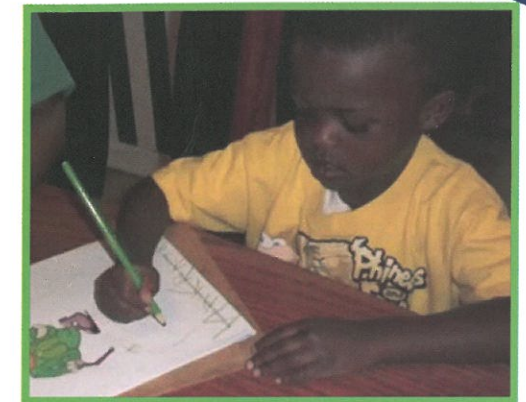


### What does it mean?

- Ability to care for some of their own needs, such as hand washing and eating healthy foods.
- Developing relationships with other children, including the ability to play together and to work together in a group.

### What are some things you can do with your child?

- Assist your child (if needed) in meeting his/her basic health needs like tooth brushing and hand washing.
- Provide opportunities for your child to make healthy choices. ("Would you like apples or peaches with your lunch today?")
- Plan things together with your child. Talk about how you will spend your day and what is going to happen next. Plan trips together, such as to the library or to church.
- Provide your child with opportunities to play with other children. Be sure to supervise these play experiences and help children resolve their own conflicts that may come up. Help children use words to solve their problems rather than hitting or pushing.
- Talk to your child about their friends. Provide opportunities for your child to spend time with his/her selected friends.
- Model cooperation for your child and talk about how you help your friends and family.
- Encourage your child to be helpful and assist others. For example, picking up their toys when playing at a friend's house or helping to do the laundry at home are ways children show cooperation.



### Approaches to Learning: Cooperation

When children work together and complete a task, such as picking up toys or helping with the laundry, they are showing cooperation.