

ACTIVITY: Discussing and Negotiating

Pack your suitcase – if you are feeling brave and have some time! Or set up a pretend event.

Ask your child to get out some clothes and toys for their sleep over at Grandma's house or for going on holiday. They will inevitably get out far too much!

Talk about how many days' clothes they need, what activities they want to do – swimming, walking on the beach, going to the park. Negotiate what clothes and toys to take. Try having their own or a section in the suitcase to discuss what they can take and what not to take.

ACTIVITY: Discussing and Negotiating – appointments this week

Print off a page or look at a diary. Talk about the week and what you all do. Ask each other questions and discuss the options.

Can I have Toby to play on Wednesday, Mom? No, because _____.

Can we have tea at 5 o'clock on Tuesday? Yes, because cubs starts at 6pm, or No, because you have swimming at 4.30pm.

Use pictures from newspapers, magazines or published resources as a prompt to discuss what you would do? Make this part of the family conversation time, or one to one time at bedtime.

E.g. Today I saw _____, what would you have done? _____, I did _____.

