

Skill Building

How to Teach a Skill: Skill Rehearsal

1. Identify a skill.

For example, introduce yourself to a teacher.

2. Break the skill down into little steps.

Keep it simple. Do not assume that your child knows what to.

3. Model the skill.

Show your child the positive and appropriate behavior.

4. Practice the skill during role-play.

Let your children practice the skill several times.

Until he does it correctly, offer positive pointers.

5. Apply the skill in real life.

Parents may have to help their child. Give her friendly reminders when she needs to use the skill.



A Skill Rehearsal Example: Introducing Yourself to a Teacher

1. Choose the right time and place to talk to your teacher.

It should be a time when she is not busy. If she is talking to someone, quietly wait until she is finished.

2. Say, “Hi, my name is Bobby. I like to read.”

If your child does not know the teacher’s name, teach him to ask, “May I ask your name?”

3. Let your child practice.

The more he practices, the more comfortable he will be when he actually performs the skill.

4. Encourage your child to use this skill soon.