

# HERO'S STORY TIME

HELPING EVERY CHILD REACH OPTIMUM SUCCESS

## GUIDE



### *The Kissing Hand*

By Audrey Penn

Questions and discussions during read-aloud stories can promote social and emotional development. You can read this story on multiple days during the week and engage children by asking some of these questions.

- How did Chester feel about leaving his mom to go to school?
- Who helped Chester feel better?
- What did Chester's mom do to help him feel better?
- Do you miss anyone or anything when you are away from home?
- What makes you feel scared?
- What makes you feel better while you are at school?
- How do the grownups you love help you feel safe?

Discuss how the children feel about leaving a loved grown-up (parent, guardian, etc.). Encourage children to make drawings to show all of the good things about going to school, childcare or to another caregiver. Encourage children to use some of these strategies, such as drawing a picture of a loved one, when feeling sad or scared.

Have the children make a hand to kiss for people they miss.

Have the children draw a picture of themselves and a grown-up they love. Have each child share why that grown-up is special to them, and write what they say on their picture.

### *FLYING HIGHER*



Read this story at the beginning of the year with parents and children. Trace hands on paper and make kissing hands for each other.

### *SUPER POWER*



**Positive Family Communication**  
Parents and guardians express themselves positively and respectfully, engaging children in conversations that invite their input.

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## FAMILY NEWSLETTER

### THIS WEEK WE READ

*The Kissing Hand* By Audrey Penn

Your child learned about the asset of positive family communication including the expression of respect, affection, and concern by parents.

### THINK ABOUT IT

Does everyone listen with courtesy and respect in your home? Is it okay to disagree? Do family communications provide healthy exchanges of ideas and feelings?

### How You Can Teach Positive Family Communication

Make time for conversations. Avoid distractions, by turning off the TV and phone, and actively listen to what your child says to you. Any time is a good time to have a conversation. Some parents find the drive home is the perfect time to have conversations about the day. Bath time and dinnertime are also great opportunities to engage in a conversation with your child.

Be a good listener, and be present. Get down to the child's level and give them eye contact.

Show empathy. Tell children that you understand they are feeling sad, angry or scared, and provide them comfort.

**Adult Superpower:** Life-giving and life-affirming words and thoughts can heal damaged and broken spirits.

### SUPERPOWER

#### Positive Family Communication

Caregivers and parents express themselves positively and respectfully, engaging children in conversations that invite their input.

To learn more about the 40 Developmental Assets, check out the Search Institute website: [puext.in/40](http://puext.in/40).

### SUPPLEMENTAL READING

*I Love You Stinky Face* by Lisa McCourt

*How to Raise a Mom* by Jean Reagan

A GOOD  
RELATIONSHIP  
STARTS WITH  
GOOD  
COMMUNICATION