

BE YOURSELF

Caregiver Gear Up Lesson

PURPOSE:

Introduce caregivers to the Gradual Release of Responsibility Model. This model is a teaching method that progresses through three main stages:

- I Do: Teacher/Caregiver models the task.
- We Do: Teacher/Caregiver and Child do the task together.
- You Do: Child does task on his/her own.

This model provides children with gradually decreasing support until they can do a task independently. It shifts the responsibility from the adult to the child. This manages frustration and helps children develop independence. It is important for caregivers to start releasing responsibility to their children. This assists with the separation issues many caregivers and children deal with when a child begins kindergarten. Children need to learn to become more independent, and caregivers need to learn to let them.

LEARNING GOALS:

- To learn how to help your child be more independent.
- To learn about the Gradual Release of Responsibility model.

POTENTIAL SPEAKERS:

- **Teacher or School Administrator** – Focus discussion on the importance of social and emotional independence. Discuss opportunities at home leading up to kindergarten that will encourage social independence (teaching children how to buckle their own belts, tie shoes, and open snacks, for example).
- **Children's Librarian** – How do we provide opportunities as caregivers for children to master skills and situations that will promote emotional and social independence?

HOSTING THIS SESSION:

- PLEASE READ THROUGH CAREGIVER HANDOUT BEFORE HOSTING THIS DISCUSSION.
 - Welcome caregivers.
 - Allow caregivers time to ask any questions.
 - Give out Caregiver Handout. Encourage caregivers to take notes on the back of the Caregiver Handout.
 - Announce today's theme - **Be Yourself**.

 - Introduce Guest Speaker and what they will be speaking about today.
- OR**
- Facilitate discussion using this lesson's discussion questions.
 - Distribute discussion questions to caregivers.
 - Have caregiver read question aloud.
 - Encourage everyone to answer the questions as a group.

CLOSURE:

- Encourage questions at the end of session.
- Review what children learned. Encourage caregivers to ask their children to demonstrate the 3 Hs (High-Five, Handshake, or Hug).