

## Turn Taking during games



Build turn-taking into play time. You can make just about any toy or activity into an opportunity to practice taking turns. Take turns doing activities such as stacking blocks, sliding down the slide, using the swing, racing a car down a track, scooping sand into a bucket, or wearing a crown. Use a timer or a song to measure a turn. Waiting is hard and children want to know when to expect their turn. Show children how to manage taking turns by using a sand timer or singing a song. These tools can help them to predict when their turn will end or begin and makes it less likely that they will become frustrated and use challenging behavior. You can say something like, “I see you want a turn on the swing too. Let’s sing a song and when we are done it will be your turn. Do you want to sing the Itsy-Bitsy Spider or Twinkle, Twinkle Little Star?” Incorporate turn-taking into your everyday routine. There are many ways to include turn taking into the activities you already do on a daily basis such as choosing a TV show, cooking, or picking books to read. Simply pointing out to your child that you are taking turns helps to reinforce the skill. You can say, “You put in the chocolate chips and I put in the walnuts.

Practice waiting. Help prepare your child for turn-taking by giving him opportunities to practice waiting. For example, play “stop and go” games at the park, with toy cars, or in the pool. The more comfortable your child is with the concept of waiting and self-control, the more successful he will be with taking turns. Celebrate successes. Encourage your child with positive language when you see him waiting during a difficult situation or taking turns with a friend. You can say something like, “You are waiting for a turn on the swing. Waiting can be hard. You are doing it! High five!” or “I love the way you and Ben took turns using your special car. I bet you feel really proud!”