



Parent Page



Helping Others

We are learning about respect and helping others. We learned that people with disabilities might do some things differently or need help. We used blindfolds to see what it might be like if we could not see.

Here are some things you can do at home:

- Talk with your child about what their eyes, ears, nose, brain, hands, arms and legs do. For example:

Parent:

“What do your eyes do?”
“What do your ears do?”
“What do your legs do?”
“What does your brain do?”

Child:

“Help me see.” or “See.”
“Help me hear.” or “Hear.”
“Help me walk.” or “Run.”
“Helps me learn.” or “Think.”

- Talk about what might happen if someone:

Parent:

Could not see...

Child:

They might use very special glasses.
They might need help walking around.
They might need a cane.
They might need to use Braille.

Could not hear...

They might use a hearing aid.
They might use sign language.
They might need to have someone let them know if an alarm goes off, or if there is an emergency.

What if someone is not able to walk? What if someone has trouble learning?

- You can also talk about how you and your child might help someone with a disability.

(continued on back)

- **Try to understand what it would be like if you couldn't see.** Put a blindfold on your child. Now, lead your child through a room. Then switch, you put on the blindfold and have your child lead you through a room. You can talk about how you were both respectful when you were the one leading the other.
- **Look for ways you and your child can help others.** Some ideas are:
 - take food to a food pantry,
 - make cards for people in a senior center or rehabilitation center, or
 - hold a door for someone as they are going out of a building.