

SKILL-BUILDING PROMPT CARD

Intentional Observation and Narration

Try any of the following strategies when working with a child:

- Observe first.
- Limit questions.
- Narrate your observations:
“I see...”



SEEDS for Family School Readiness
Cultivating School-Ready Families and Family-Ready Schools

For more SEEDS, visit dpbh.ucla.edu/SEEDS

SKILL-BUILDING PROMPT CARD

Praise

Focus on specific positive behaviors.

- Praise **often** and **early**.
- Praise **partial successes**.
- Add **non-verbal** praise.



SEEDS for Family School Readiness
Cultivating School-Ready Families and Family-Ready Schools

For more SEEDS, visit dpbh.ucla.edu/SEEDS

SKILL-BUILDING PROMPT CARD

In **Hot** Moments, Co-Regulate with the 3 Cs

- **Center** yourself
- **Connect**
- **Create** space or a break



SEEDS for Family School Readiness
Cultivating School-Ready Families and Family-Ready Schools

For more SEEDS, visit dpbh.ucla.edu/SEEDS

SKILL-BUILDING PROMPT CARD

Promoting Executive Functioning

Observe and Narrate the child's development of:

- | | |
|---|---|
| Working Memory | <i>“You remembered the first step!”</i> |
| Initiating & Inhibiting | <i>“Let’s get ready to pause...”</i> |
| Attentional Control | <i>“I see you watching so carefully!”</i> |
| Cognitive Flexibility | <i>“We’re about to switch...”</i> |
| Organizing, Planning,
& Sequencing | <i>“I wonder what comes next...”</i> |



SEEDS for Family School Readiness
Cultivating School-Ready Families and Family-Ready Schools

For more SEEDS, visit dpbh.ucla.edu/SEEDS

Cut to create 4 cards.

Skill-Building Prompt Cards are designed to guide your practice of SEEDS skills.

The cards are pocket-sized so that you can take them to try the skills out with the children in your care!

TARJETA DE HABILIDAD

Observación Intencional y Narración

Intenta las siguientes estrategias cuando estás trabajando con los niños:

- Observa primero.
- Limita tus preguntas.
- Narra tus observaciones:
“Yo veo...”
“Hm, me pregunto...”



SEEDS for Family School Readiness
Cultivating School-Ready Families and Family-Ready Schools

Para más SEEDS, visite dpbh.ucla.edu/SEEDS

TARJETA DE HABILIDAD

Elogio

Enfócate en comportamientos que son positivos.

- Elogia mucho y pronto.
- Elogia éxitos parciales.
- Añade elogio no-verbal.



SEEDS for Family School Readiness
Cultivating School-Ready Families and Family-Ready Schools

Para más SEEDS, visite dpbh.ucla.edu/SEEDS

TARJETA DE HABILIDAD

En momentos de **Alteración**

Co-Regulación con las 3 Cs

- **Céntrate** tú misma
- **Conecta**
- **Cree** espacio o un descanso



SEEDS for Family School Readiness
Cultivating School-Ready Families and Family-Ready Schools

Para más SEEDS, visite dpbh.ucla.edu/SEEDS

TARJETA DE HABILIDAD

Promoviendo Funciones Ejecutivas

Observa y Narra el desarrollo del niño en:

Memoria de Trabajo	<i>“¡Recordaste el primer paso!”</i>
Iniciando e Inhibiendo	<i>“Preparémonos para una pausa...”</i>
Control Atencional	<i>“¡Veo que estás observando cuidadosamente!”</i>
Flexibilidad Cognitiva	<i>“Estamos a cerca de hacer un cambio...”</i>
Organizando, Planeando y Secuenciando	<i>“Me pregunto qué viene después...”</i>



SEEDS for Family School Readiness
Cultivating School-Ready Families and Family-Ready Schools

Para más SEEDS, visite dpbh.ucla.edu/SEEDS

Corta para crear 4 tarjetas.

Las **Tarjetas de Habilidades** están diseñadas para guiarte en la práctica de las habilidades de SEEDS. Las tarjetas son de bolsillo para que pueda llevarlas a probar las habilidades con los niños que cuida.