



... for parents



4.3 MAKING SURE WE HELP EACH OTHER

Asking for help

Your child has taken part in an OFF-TRAIL workshop on **asking for help**. The children learned to identify situations where they might need help and how to get it.

DID YOU KNOW?

Asking for help can be difficult for your child. Asking for help requires humility and overcoming embarrassment. Often, your child may decide to “work it out” themselves so as not to disturb others.

NOW IT'S UP TO YOU!

You can help your child to ask for help and overcome embarrassment using these strategies:

- Remind them that asking for help is not a sign of weakness;
- Identify with them the resource people who can help them;
- Work on their assertiveness;
- Ask for help yourself when you need it.

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