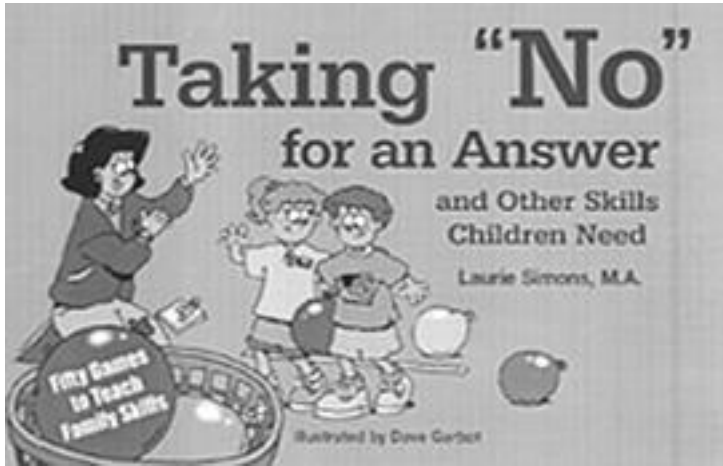


Taking "No" for an Answer and Other Skills Children Need



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You can't say "yes" to everything your kids want, but teaching them how to accept "no" can be tough. These games can help. Simple, family-tested activities help you teach your children to listen, solve their own problems, keep their promises, do their chores and follow directions. The skills your children learn through these family games will benefit them throughout their lives. "Look at Me," for example, teaches kids how to notice when others feel sad, happy or scared. "Oh, Phooey" helps children cope when they don't get exactly what they want. "Sock Juggle" provides practice in cooperating. Excerpted in the Brown University Child and Adolescent Behavior Letter.

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