

# Others Have Needs, Too



*I need a can opener.*

Teach your child how to express her needs by expressing yours.

This helps her understand that others have needs, too.



## Why this is important

As your child becomes more aware of her needs, you can help her learn to express them by modeling words that she can someday use. When she begins to understand the needs of others and responds appropriately, your child moves toward having the important ability to listen to others and empathize.

## What you do

- Let your child hear you express your needs. Talk in simple terms about what you need, and give her a reasonable way to help. *I need a can opener. Could you get a can opener from the drawer, please?*
- Show appreciation when your child helps you meet a need. *Thank you for helping me when I needed to find my shoes.*
- Help her learn to think about what others need by explaining a situation and asking her about the need. *Here's my bowl of soup. What do I need to eat it with?*
- Ask your child questions about different needs. *It's raining outside. What do I need to keep me dry?*

## Another idea

Think of other situations in which your child could help such as riding in the car, visiting a friend, or packing a lunch. *I'm packing a fruit salad in your brother's lunch. What does he need to eat it with?*

### Let's read together!

*What Do You Need?*  
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