

Practice Makes Perfect, Again and Again!

By Carli Valach

How to Use This Book

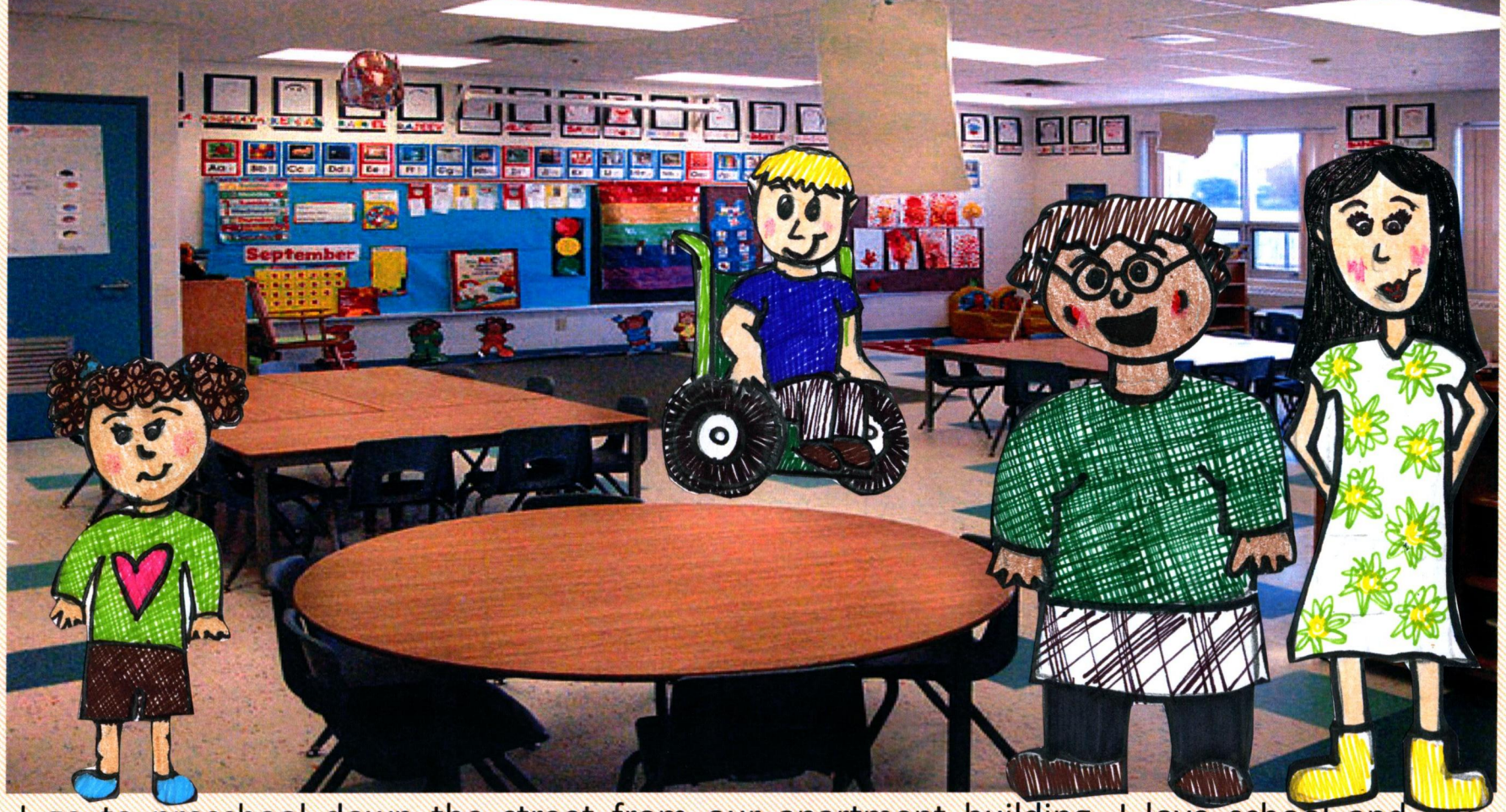
Dear Caregiver,

Thank you for choosing to read this story with your child! In this book, you will meet a four year old named Jayden. Jayden doesn't always make the best choices. You will see that whenever Jayden does not make the best choices, his mommy and his teachers help him to practice making the right choice. This is something called Positive Practice. In this book, you will find different examples of Positive Practice. Always keep in mind that sometimes, the right choice has to be practiced many times before a child can understand it.

If you are interested in learning more about Positive Practice, Please see the annotated bibliography. I hope you and your child have a fun time reading about Jayden together!



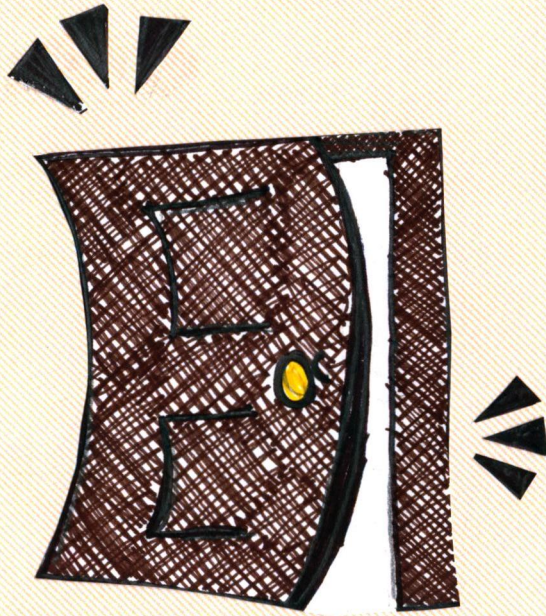
Hi! I'm Jayden. I'm 4 years old. I live with my mommy, my baby sister named Olive, and our cat named Snacks. I like to play soccer, ride the subway with Mommy and Olive, and eat chicken nuggets.



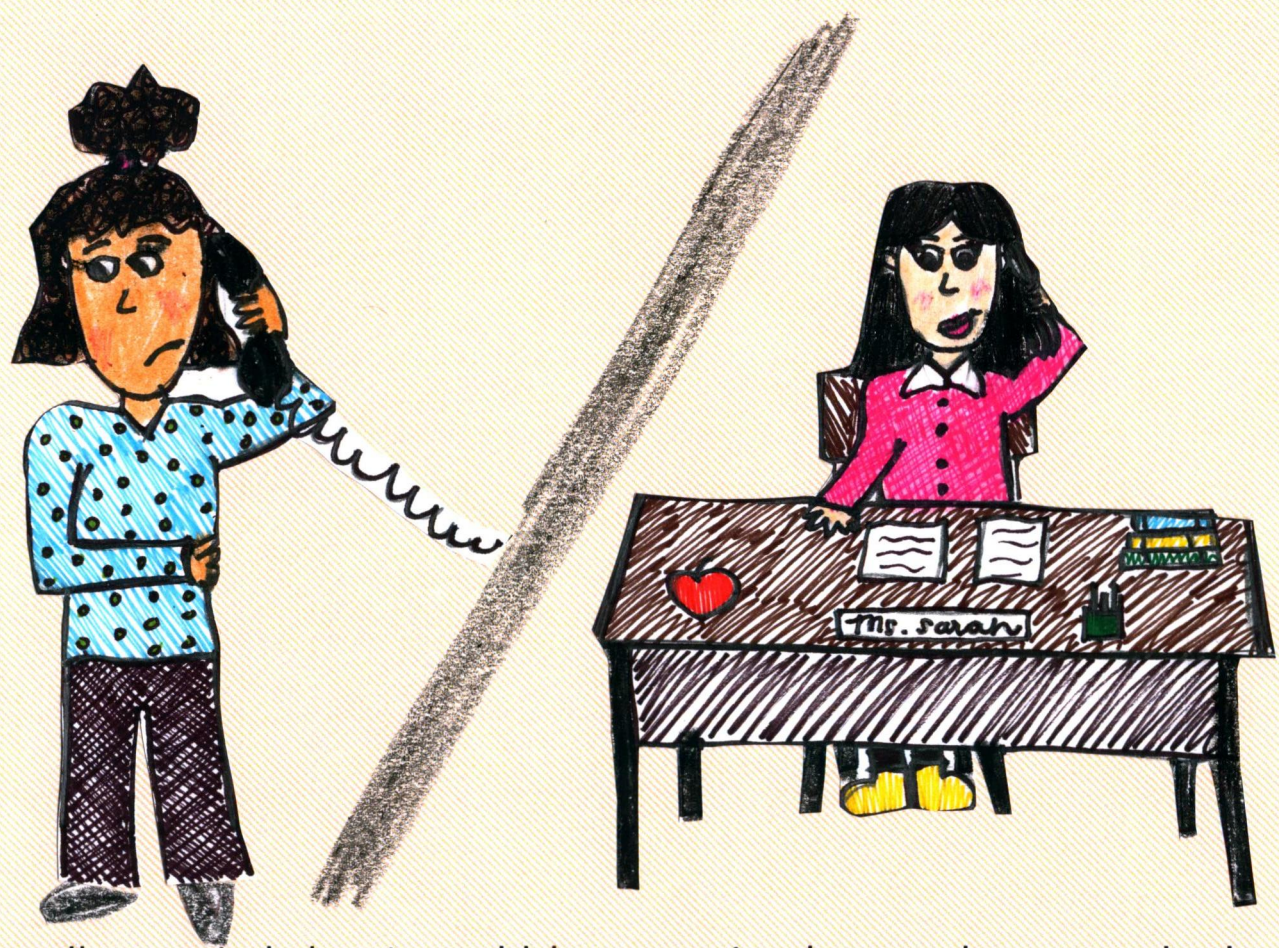
I go to preschool down the street from our apartment building. I love school and my teachers! My teachers are Ms. Sarah and Ms. D. I also love my friends at school. My two best friends are Sofia and Owen.



Sometimes, I run around the classroom or hallway. I also like to get up out of my seat when I am not supposed to. When I do these things, I accidentally trip or hurt my friends. I also slam doors in the classroom, in the bathroom, and at home.



I don't do these things to be mean to my friends or teachers. Sometimes I just don't know how to make the best choice. One day, I slammed the door so fast that I didn't realize my hand was in the way. I really hurt my thumb.



My teachers were really worried that I would keep getting hurt or hurt somebody else. They decided to call my mommy to set up a meeting with her so that we could all talk together.



At the meeting, my teachers and my mommy came up with a plan to help me learn how to make the best choice. They decided that every time I forget to make the best choice, they will help me to start over again. I even got to help them with their plan! I am going to work on this plan with my teachers at school and with my mommy at home. I will practice the best choice again and again until I can get it!

The next day at school, my class was walking to lunch. I started to run ahead of my class. Ms. Sarah walked over to me and got my attention. Ms. Sarah told me that she was going to walk back to the end of the hallway with me. She told me that she was going to have me try to walk to lunch again.



I was not very happy that I had to start over again. I told Ms. Sarah that I wanted to be first in the lunch room. "I understand," said Ms. Sarah, "but it is very important that we follow the rules and keep ourselves safe. Come show me how we walk in the hallway and I will walk with you."

I decided to make the best choice by walking with Ms. Sarah.





One day when I kept running in the classroom, my teachers asked me to practice walking to where I was going three different times before I was allowed to keep playing. This made me upset, but my teachers explained that they wanted to keep me and my classmates safe.



During lunch time one day, I wanted to keep getting out of my seat. Each time I got out of my seat, Ms. D. said, "Jayden, please sit down in your seat and finish lunch." Ms. D. didn't get angry each time I got up. Instead, she kept reminding me to sit down. I didn't sit down the first few times Ms. D. told me to, but after the fifth or sixth reminder, I decided to make the best choice. I sat down and I finished my lunch with my friends.

Later that night when I was getting ready for bed, I said goodnight to my mommy and slammed the door shut. My mommy came into my room and said, "Jayden, I need you to try that again. No more slamming doors." I closed the door again, softly this time.



My mommy said, "Good! Now, show me how we gently close the door again, please." So I softly closed the door a second time. "Great job, Jayden! I'm glad you are listening to my words."

Then, mommy said, "Now just one more time after a kiss goodnight." I kissed my mommy goodnight and then gently closed the door behind me.





My mommy and teachers keep working with me on practicing the best choice to make. Sometimes I need to practice making the best choice many times and that is okay. Making the best choice is hard sometimes, but my mommy and teachers will help!



I am starting to make the best choice more often now. I still need reminders from my mommy and teachers sometimes, but that is okay! I am working hard on listening and making the best choices. My friends and classmates notice that I am making the best choices. I feel happy that my friends want to spend more time playing with me now.