

## METROCARE SERVICES GUIDEBOOK COPING SKILLS

The following strategies and suggestions have been specifically created to assist you in utilizing the songs and videos while working with your child.

### One Day At A Time

- Have as a part of the morning routine...while eating etc...
- Use before a big event...field trip, program at school – anything that typically causes distress
- Use this song to come up with past examples of successes and list them – here are the things you took one step at a time and did well...putting face in the water, swinging independently, etc...
- What are some things that stay constant even when we are having challenges that we are dealing with one day at time? (Song mentions sun still comes up and down...use this as a grounding topic and then move forward to more immediate concrete things...we always have breakfast, we always go to school, we always...)