

## 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.

### **Start at the Start**

- Do you ever have a hard time getting started? Taking a first step is the best way to start – when have you taken a first step on something?
- What is something you would like to start?
- Use song as part of the morning routine...getting ready, having breakfast, etc.
- What are some obstacles one might face before starting something?