LITTLE WAITS

Everyday opportunities to practice waiting

A practical companion to Resource 02: Waiting Is a Skill

Children build the ability to wait through short, manageable experiences in everyday life. Look for natural little waits rather than creating tests of patience.

TRY A LITTLE WAIT...

- **Before opening a snack**
- **While someone finishes a sentence**
- **Before taking your turn in a game**
- **While an adult finishes a quick task**
- **Before leaving the house**
- **While food is being prepared**

WHILE THEY WAIT

MAKE IT UNDERSTANDABLE

"I'm putting these two things away, and then I'll help you."

ACKNOWLEDGE THE FEELING

"You really want your turn. Waiting can be hard."

NOTICE THE SUCCESS

"You waited while I finished pouring the drinks."

THIS ISN'T A WAITING TEST.

Start with short, manageable waits that fit your child's age and development. The goal isn't to see how long a child can wait. It's to give children everyday opportunities to practice.