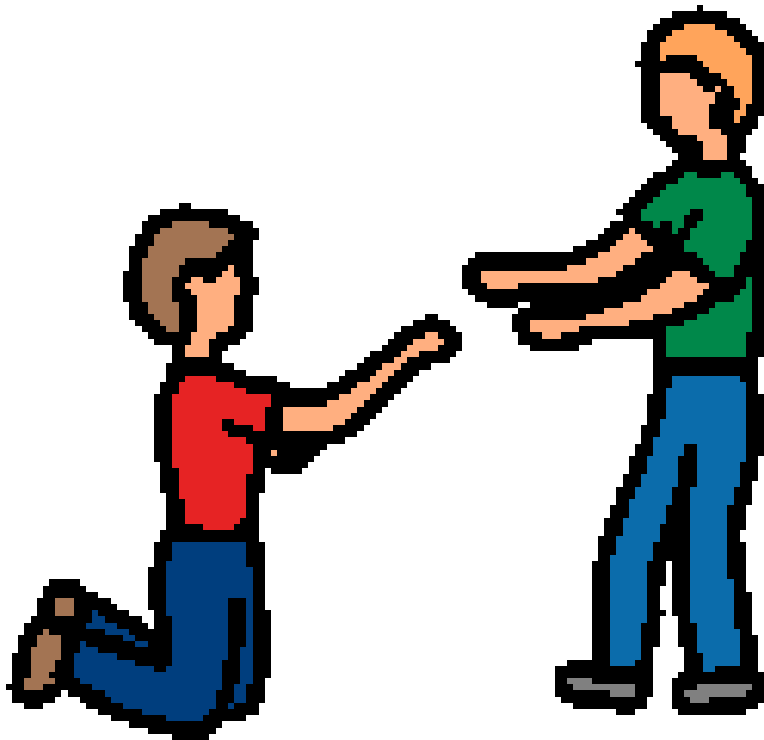
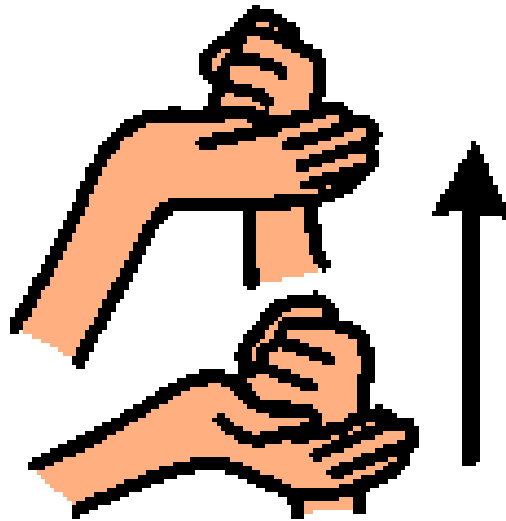


# Asking for help



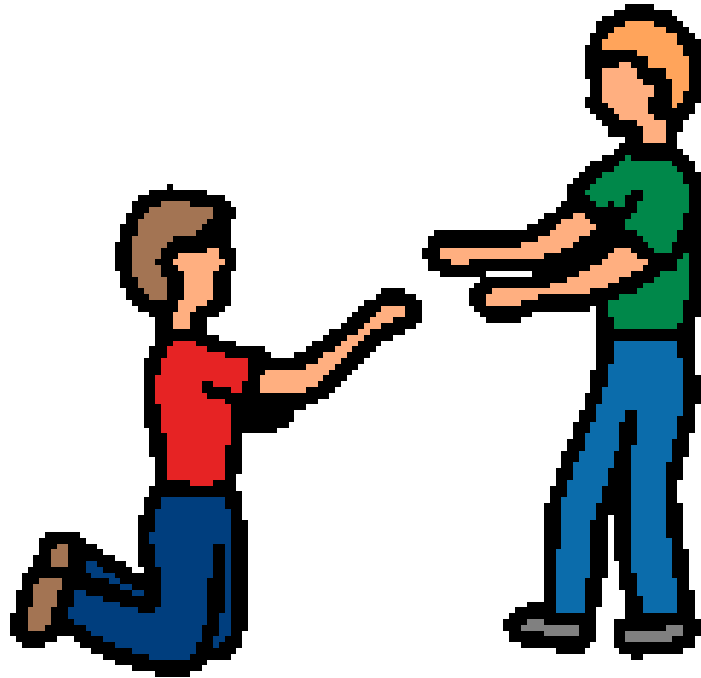
By: Kara Rakowski, MA, CCC-SLP

help



Sometimes I need to ask for help.

# help

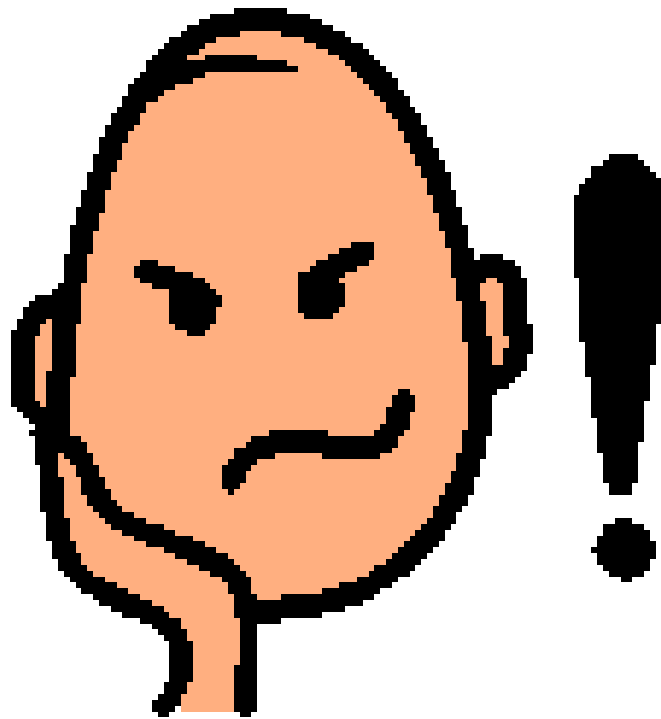


I may need to ask for help tying my shoes, or finding something that is lost, or reaching a toy on a shelf. There are many times I may need to ask for help.



I may try to do something on my own and not be able to do it.

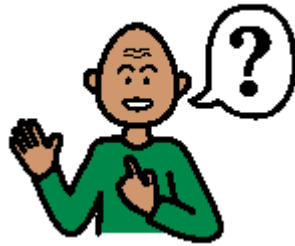
# frustrated



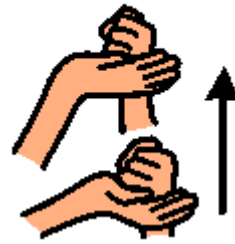
Sometimes I get frustrated when I  
can't do something.

When this happens I can ask for help.

Will you help me?

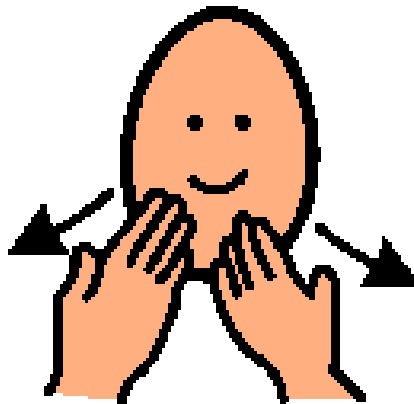


help



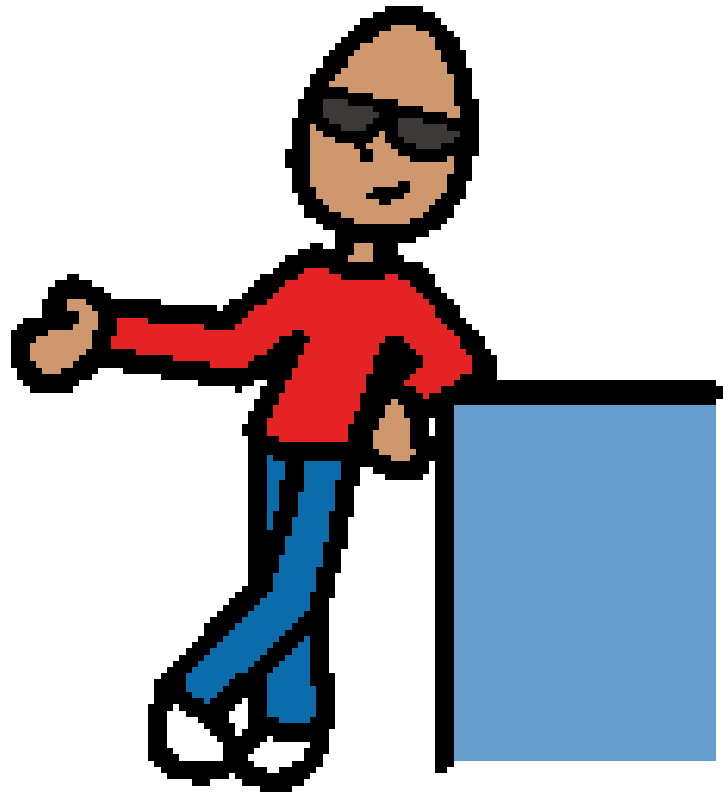
I can ask for help by getting someone's attention and saying "I need help please" or "will you help me?".

thank you



I can say "thank you" after someone helps me.

cool



Asking others for help  
when I need it is cool.