

HÍ, I'm Huggtopus!



My Story...

I live in Bug's swimming hole. I'm very affectionate and strong and sometimes get a little carried away by my big friendly personality. You can always count on me to put a smile on your face if you're feeling down and to give you a great big hug to make you feel better.

Favourite number: 8

Favourite colour: Pink

I have a special fondness for bubble gum.

I play the xylophone.

I can help you with...

- Setting appropriate boundaries
- Self-regulating internal and external distractions
- Having more patience and tolerance

Huggtopus is all smiles and hugs. She is affectionate and strong and sometimes gets a little carried away by her big, friendly personality. Huggs always means well, but she has to learn about respecting others' boundaries.

Huggtopus feels **proud** because he has six legs.

Huggtopus feels **silly** most of the time.

Huggtopus feels **frustrated** when his friends don't feel silly or happy.

Meet Huggtopus! (Parent Information)

Huggtopus can help teach your child about the feelings silly, frustrated, excited, and proud. Huggtopus (or Huggs) is our Kimochis® Character who is strong and affectionate, but who sometimes gets a little carried away with such a big, friendly personality. She might hug too tightly or play too roughly, which upsets her friends. This can be confusing and frustrating to Huggs because she doesn't know why her friends say, "Don't bother me." With Huggtopus, your child is learning to read social cues, such as facial expressions, body language, and sounds from peers. Huggtopus also teaches children how to celebrate our differences. Huggs is a six-legged octopus and is proud that she is so unique!

Some ideas you can talk about and try with your children

Common Language

“Not now” signal: A nonverbal strategy to show children that they are interrupting. Put your pointer finger by your ear between you and your child. Do not make eye contact. Look and respond when you are ready to talk

- Practice using the “Not now” signal with your child. Ask your child to pretend to be a parent talking on the phone. Interrupt so you can model how to respond to the “Not now” signal. Wait until the “parent” is off the phone to say, “Sorry I interrupted.” Reverse roles so your child can respond to you giving this same signal.
- Before you begin a job/phone call, give your child an idea of how long you'll need. Help your child find something to do during that time. Set a timer so expectations are clear. Remind your child that if he/she forgets, you will not make eye contact and will use the “Not now” signal.
- Acknowledge when you sense or can see your child noticing that you are busy and not interrupting you. For example, “Thanks for your patience. You could see I was busy. What did you want to tell me?”

Family Fun: Playful Ways to Practice

Let's Get Excited: Make a list of family activities that would create excited feelings, like having a picnic in the backyard, hanging out together, calling an old family friend.

Surprises create excited feelings. Get creative and silly! Do some unexpected things in your daily routine to create positive feelings and excitement. For example:

-Plan a birthday party for your child's favourite stuffed animal, complete with invitations and cake!

-Have a “backward dinner” and serve dessert first.

-Get everyone in the car. Say, “You never know where our car will go.

” Then drive to a special park, an ice cream store, Grandma's house — somewhere that will make your child feel excited.

Frustrated Furry Friends: Talk about what each family member does to help manage frustration.

