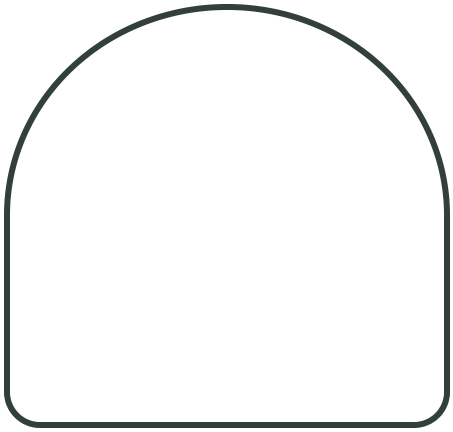
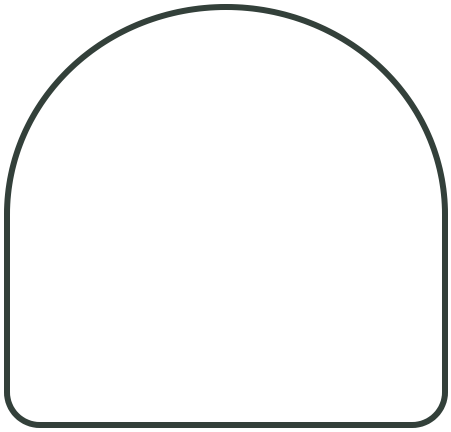
PAGE 1 · BEFORE THE VISIT

Who We Will See

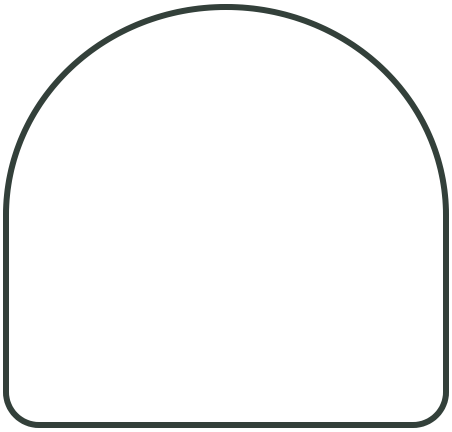
Glue or draw a picture of each person in a frame and write their name. Look at it together a few times before the visit: “This is Aunt Maya. She has a dog called Pip.”



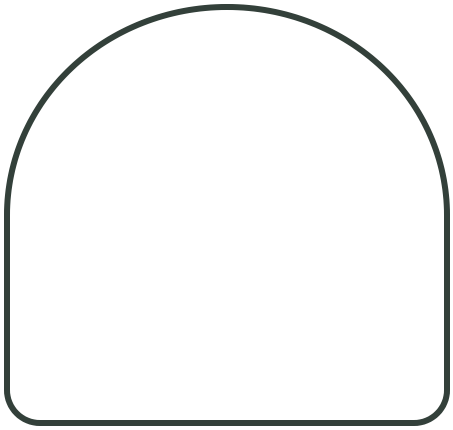
name · one fun fact



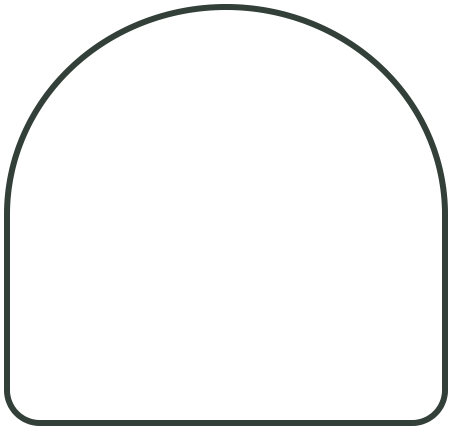
name · one fun fact



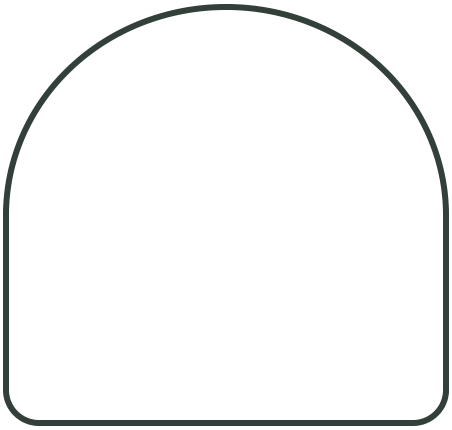
name · one fun fact



name · one fun fact



name · one fun fact



name · one fun fact

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My Little Brave Steps

Every step counts, even the first one. Color a star when your child does one. There is no rush and no need to reach the top in one day.



6. Say “hi” or “bye” (only if I want to)



5. Play next to them for a little bit



4. Give a high five or a fist bump



3. Show them a toy I brought



2. Wave hello (or wave from far away)



1. Look at them from my grown-up’s lap

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How Do I Feel?

Color the faces and name each feeling together. Before a party, ask: “Which face feels like you right now?” All feelings are okay.



Happy



Shy



Worried



Excited

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FOR GROWN-UPS

Warm-Up Cheat Sheet

Keep this on the fridge or snap a photo of it before a family gathering.

Instead of “Don’t be shy!”
Try: “You like to watch first. That’s okay.”

Instead of “Say hi to Grandpa!”
Try: “We can wave together when you’re ready.”

Instead of “She’s just shy” (in front of her)
Try: “She’s getting comfortable. She’ll join in soon.”

Instead of pushing a hug
Try: “Hug, high five or wave? You choose.”

📝 **Note for relatives (cut out and share)**
Our little one takes a few minutes (sometimes longer) to warm up in a busy room. The best way to help: say hi to us first, get down to their level, offer a toy or a book instead of a hug, and let them come to you. Thank you for being patient. It really helps!

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