



“Anyone who does anything to help a child in his life is a hero to me.” — Fred Rogers

Wisdom from Fred Rogers

- Talk about things that were hard for you to do when you were a child, like riding a bike or learning to write. You could even share your experiences with things that were difficult for you to master as an adult, like a new computer or phone system. Children are much more likely to stick to a task if they understand that it takes time for *everyone* to learn things.
- When you talk about a problem that you're dealing with at home or at work, try not to just complain. Let your child hear that you're working on a solution. Even if you can't fix the problem, your child will know that people don't just give up when they're facing something difficult.
- Give your child responsibilities that he or she can handle. Children need to feel they're successful at some things, even small accomplishments like being able to draw a circle or make a peanut butter sandwich.
- If your child feels discouraged by a "job" that feels too hard, try breaking the job down into smaller parts. Instead of the huge task of "clean up your room," your child might find it much more manageable if you suggest first putting away the stuffed animals, then the toy cars, then the blocks, etc.

Helping Your Child Appreciate Books and Reading:

- Set aside warm, close times for reading to your child. The feelings of those times will stay with your child. Later on, just holding a book will remind your child those pleasant reading times with you.
- When you're reading a book, give your child opportunities to ask questions and to talk about the story and the pictures. You might want to ask things like, "What do you see in that picture?" or "What do you think will happen next?"
- It's okay if your child asks for the same book or books over and over again. If children have heard parents read a book over and over again, there may come a time when they can "read" it from memory. "Pretend reading" is an important step towards actual reading, and it can help your child feel successful at being able to "read" a book.