An early learning collaboration by:

Start a love of reading, one book at a time!

Family Activity

Feeling self-confident is an important building block for success. Help your child build confidence with the activities below and support your child to continue trying to reach their goals.

**We are Confident**

1. **Look back on success:** Remind your child they can do amazing things! Look through old photo albums together and relive past achievements. Offer positive feedback. Ask, “What do you think are your best qualities?”

2. **All in this together:** It’s important to remind your child that learning always happens - even grown ups are still learning! Challenge the whole family to learn something new together, like a dance or hula hooping.

3. **Step by step:** Learning takes time. Emphasize that even if your child can’t do something yet, they’re on their way. Pick a fun cooking project (real or pretend) to illustrate that to cook something doesn’t happen at once. You have to gather the ingredients, mix, and bake to get the final product.

4. **Celebrate!** With each new achievement, praise your child for something specific and make sure they know how proud you are.

*This activity is inspired by Sesame Street in Communities’ activity, “We Are Confident.”*

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Family Reading Tip: Read it again and again

Your child probably wants to hear their favorite story for the 100th time! Research suggests that repeated reading helps children develop important language skills, such as vocabulary and grammar. So, don’t be afraid to revisit stories time and time again.

Click on each book cover for links to read-aloud videos!

**Women’s History Month**

March 2021

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