Family Reading Tip: Set an Example

Talk to your child about what they are reading or what you read together. Ask their opinion, offer to help them learn more about a topic, write to the author, or look up similar books. Making your little reader feel heard will help them understand that they have ownership over their reading journey.

Family Activity: Raising an Upstander

We want to teach our kids the importance of standing up when they see something wrong. Below are ways you can help raise “upstanders”:

- **Help build their confidence and sense of self-worth** by celebrating their uniqueness, inside and out! Talk about their special talents, and that everyone has amazing qualities and deserves to feel proud. Tell children “I’m proud of you,” and point out specific times that they should be proud of themselves. Remind them their skin is beautiful, and that they’re “strong in their skin”!

- **Help them stick up for others**. Let children see you model respectful ways of speaking up or taking action when you notice something unfair. When children bring up a conflict they witnessed, ask: What did they say or do (or not say or do), why? What did others do? Offer words they can use: “I don’t like when you say/do that,” “That’s unfair and not okay,” “That’s not how we should treat others,” and so on.

- **Help them stand with others to build a better world**. When children notice ways in which our world could improve, praise their observations. Remind them that many people care about the same things they do, and they can be part of making the world a kinder, fairer place for all. *Inspired by Sesame Street in Communities Activity, “Raising an Upstander”*

All books are available at local libraries. Click on each book cover for read-aloud links!