

Parent
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Nominate Your
Child Care Provider
For JCCCA
Provider of The Month!
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Confidence Building

Smile, laugh and express yourself often.

Modeling, positive expressions will allow your child to feel free to express themselves.

Take time to be involved in the activities as much as you expect your child to be involved in them. They will develop an appreciation for effort, perseverance and dedication.

Have open conversations that are personal and casual. Encourage them to share their likes, dislikes and opinions without judgment. Find out and follow their interests.

Offer positive non-verbal communication whenever possible (high fives, hugs, kisses, etc.).

Offer support without doing it all for your child. Give just enough help to make sure your child feels successful or alleviate their frustration but leave enough room for your child to continue to learn and eventually celebrate the accomplishment.

When you foster a caring climate, you open up a world of safe learning for your child. This is a wonderful tool to encourage them to take risks, which ultimately fosters a joy and love for discovery and learning. *Resource:* Experience Curriculum

Suggested Story

The Growing Up Tree

By Vera Rosenberry

- Show the book's cover and read the title aloud together as point at its words.
- Before reading, ask, "How big were you when you were born?" Invite your child to talk about how little they were and how much they've grown.
- Read the story aloud and ask simple recall questions about the characters as you go.
- If desired, cut apples in half afterward and enjoy a healthy snack together.

Five little dinosaurs, trying hard to roar.

One went away,
and then there were four.

Four little dinosaurs,
hiding near a tree,

One went away,
and then there were three.

Three little dinosaurs,
peeking out at you,

One went away,
and then there were two.

Two little dinosaurs,
ready now to run,

One went away,
and then there was one.