



BE MY NEIGHBOR DAY

Parent Resource Guide

Supported by



Grow Up Great





Dear Friend,

Daniel Tiger's Neighborhood highlights the importance of being a kind and caring neighbor and we know that you also nurture these concepts in your own home and community.

GPB is pleased to partner with PNC Grow Up Great and the YMCA of Metro Atlanta for a special **Be My Neighbor Day** initiative this year. Children at YMCA Early Learning Locations throughout the area will be participating in special activities in their classrooms, reinforcing the social-emotional concepts in Daniel Tiger's Neighborhood, and we invite you to continue the fun at home. Whether it's helping out at home by taking care of a pet, helping clear the table, or beautifying your neighborhood with chalk art or flowers, there are lots of ways that even the youngest friends can learn kindness, responsibility, and empathy.

This toolkit contains articles and activities that you can implement at home. For more free resources, videos, and games, please visit www.pbs.org/parents.

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Angry Feelings



Fred Rogers often said that one of his most important messages was helping children find constructive ways to deal with their angry feelings. He wanted to help children and their parents understand that anger is natural and normal, but that there are healthy things we can do when we're angry – things that don't hurt others.

Almost everyone gets angry sometimes. That's just part of being human, whether you're a grownup or child. But we have to learn what to do with the mad that we feel, and that's a long, hard process. It happens little by little. In fact, it's something we work on all through our lives.

When do we get mad? Usually when we feel helpless or left out or frustrated. So it's no wonder children get angry a lot...and angry with the people who are closest to them, like parents and friends. It's the people we like the most who can make us feel gladdest...and maddest! In fact, love and anger are often intertwined in our closest relationships.

When young children get angry, they sometimes hit or bite or kick. That doesn't mean they're "bad." That's just how they show they're mad. They don't yet have words to tell us how they feel.



Helping Children Learn Self-Control

There's such a good feeling in being able to control "the mad that you feel." But children aren't born with self-control. They learn it gradually as they grow from infants to toddlers to preschoolers — and beyond. And they learn it best with the help of the people they love.

Children want and need controls, and they need to know that adults will do all we can to keep them safe while they're developing their own inner controls.

When children know their parents care deeply about them and care about whatever they're feeling, they are more likely to be able to talk about their feelings rather than act them out. When your child seems to be angry, you could say something like, "I know you're mad about that, but you can't

hurt!" When a child is getting angry with a friend, you could say, "Tell him (or her) that you're angry! It helps when you use words." At a quiet time, talk about other things children can do when they're angry so they won't hurt anyone or break things.

It takes thought and emotional energy to work through our own angry moments. If that's what we'd like our children to learn, we're going to have to make it clear to them that we value being able to

“stop” from doing something that may hurt: stop and then do something else instead that doesn't hurt anyone. Children will “catch” that message from us if we believe it's important. And they'll want to make it their own, in order to become more like those they love.

Helpful Hints

Talking about angry feelings:

- Children learn from your example. When you use words to talk about your angry feelings, your child sees that there are things people can do when they're mad that don't hurt.
- Talk about different constructive ways people can handle their mad feelings at school, at home or with friends.
- Help your child know that listening and compromising are powerful tools for working out conflicts.



Encouraging self-control:

- Give your child ways to practice self-control by playing games like “red light, green light,” or stringing beads, or moving toy cars along a “road” made from a piece of masking tape.
 - When your child is about to hit but holds back, that's an important time to say something like, “I'm proud of you! You wanted to hit, but you stopped yourself! Look how well you're growing!”
 - Praise your child for small moments of control, like for trying something hard, taking turns, or waiting.
- Try to help your child calm down. You may have to try different things to find out what works for your child. And that will change as your child grows.
 - When children get angry, sometimes parents get angry, too, and that makes the children more upset than ever. If you can stay calm but firm, your child may be more able to get back into control.





Fred Rogers Timeless Wisdom



Disappointment: Birthdays & Holidays



Fred Rogers was best known for helping children and families talk about and deal with all kinds of feelings and concerns. One way he addressed “disappointment” was in the context of birthday parties and holiday celebrations that often end in upsetting times because of unmet expectations.

Some adults create so much excitement about birthdays and holidays that children come to think of them as the most special days of the year. With a focus on family gatherings, presents, and parties, there’s a lot for children to look forward to and to fantasize about.

It’s only natural that such heightened anticipation of birthdays and holidays might lead to expectations that can never be met. Unfortunately, when children find that the anticipation is so much greater than the actuality, they can be disappointed, angry, and upset.

Creating Family Traditions

Almost every family has some traditions for holidays or birthdays – being together at a certain place, making some special holiday food, singing certain songs, lighting candles. Most people say it’s those traditions that make the days special for them. Tradition can be like anchors that help us feel more secure and stable. They can be especially important when families feel the frenzy that sometimes comes with the holidays.

Parents Want a “Perfect” Day

Birthdays and other holidays sometimes make parents feel like they’re being swept up in a whirlwind. They’re naturally concerned about their over-worrying, over-working, and over-spending! And in the desire to try to make the holiday a perfect day for their children, they can easily be led to enormous disappointment.

In the case of the winter holidays, that desire to create the perfect day is fanned to a great blaze by media. The loudest message of the season, shouted from millions of television sets, newspapers, and magazines, seems to be: “To spend more is to love more and to be more dearly loved.”

What a seductive message, especially for parents! When a baby is born, parents feel that they would like to give their baby a perfect life. But of course that’s not realistic, especially if “perfection” means a life that is always happy. Our children will sometimes hurt, have stomachaches and growing pains, feel jealousy, and disappointment. Very early in our children’s lives we will be forced to realize that the “perfect” (untroubled) life we’d like for them is just a fantasy. Nevertheless, there’s a persistent fantasy that, “Even if I can’t give my child a perfect life, maybe I can at least make a perfect day once or twice each year – on his or her birthday, and at Christmas or Hanukah or....”

Coping with Disappointment

Often the anticipated day brings tears, fights, and disappointments, with parents feeling at the end of the day that their children never appreciated any of it. “We did all this for you, and why aren’t you happy?” There’s a letdown that turns that “perfect” day into a big disappointment. Of course, no one wants to disappoint a child; however, an important part of being parents is helping our children cope with disappointment.

Children sometimes ask for gifts their parents can’t afford or don’t feel are appropriate. We can help children learn early on that there are limits to what people can have. Some parents have told their children, “We can’t buy everything you want. We don’t have enough money for all that. We need money for our home, food, clothes, and taking care of the other things that you need and we need.” If parents are willingly supportive, they can help a child face disappointment and grow from it. And coping with disappointment is a “gift” that they’ll be able to use all their lives.

Celebrate the Small Things

While we generally think of celebrating big occasions, some of the best things to celebrate are the small moments that happen in every day life, like seeing someone help another person, learning something new, or noticing a beautiful sunset, a pretty flower, or a flight of birds. When we can take the time in the midst of our busy world to celebrate things like that, we’re nourishing our children and ourselves.

Helpful Hints

For Birthday Parties:

- For a birthday party, it can help to limit the number of guests to the age of your child – three friends for a three-year-old party; four friends for a four-year old party. With these limitations, you can probably keep the size of the party down to a number that is comfortable for both you and your child.
- Figure out some simple ways to celebrate. What matters most is that it be something that your child chooses, which is agreeable to you, and something that the family can do together – like selecting the menu for dinner, going on a picnic or to the playground.
- Find other times besides birthdays to celebrate your child’s growing, like when your child has helped someone, learned something new, or handled a difficult situation well.
- Remember that “Inside” growing is as important to celebrate as the “outside” growing. Some families light a candle or give a special cup or plate to the child who is being honored on those special occasions to create their own family traditions.

For the Winter Holidays:

- Find some quiet time before the holidays to ask your child what traditions he or she has enjoyed over the years. They may be the ones you want to make sure to preserve.
- Involve your child in the preholiday activities by working together to make name cards for the family meal, making cookies, creating holiday cards, or setting up the candles. Participating gives children an important sense of belonging.
- Before going to another home for a family gathering for the holidays, let your child know what to expect. Talk about what you know about the house, your memories of being there (if you’ve been there as a child), and the guests who might be there.
- Try to be aware of when your child *begins* to be stressed and go to a quiet place with your child to lie down for a while, to look at a book, or to take a walk. Once children become over-stimulated, exhausted, fretful, or just plain out of control, it’s harder for them to settle down. They need to feel confident that their parents will help them get back into control.



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Use your words.



Family Activity:

Use Your Words



Dear Family,

We've been working on identifying feelings and using words to share those feelings with others. We've talked about using words to say, "I'm mad!" "I'm sad," "I'm tired," and "I'm afraid." The picture on this card is taken from a short video of the DANIEL TIGER'S NEIGHBORHOOD episode *All Aboard*. In that episode, Daniel and Katerina are playing "train" at school when they disagree about who should be the engineer. With the help of their teacher, the children learn to use their words to tell each other how they feel. With the conflict resolved, they're happy and their play continues.

Here's an activity you can do at home to practice using words to name feelings.

Making Faces & Using Your Words

The goal of the game is for one person to make a face that shows a certain emotion. The other person guesses what the emotion is.

Here are some ideas: sad, happy, angry, shy, surprised, afraid.

Directions

- The game could start with you saying, "I'm going to make a face, and you guess what I'm feeling by looking at my face."
- When your child guesses the right answer, you might say, "You're right. Now you try making the same face."
- Follow up by mentioning a time when you remember your child feeling that way.
- You could also mention a time when you felt that way and probably showed that face to other people; maybe even your child.
- Continue by taking turns, alternating who gets to pick the emotion and show their face first. You can offer suggestions if your child needs help picking a feeling to show. Two feelings that children would find easy to show you would be happy and sad.
- End with, "Wow, we sure do have lots of feelings and lots of faces to show other people how we feel."

At another time, maybe while waiting at the doctor's office for an appointment, you could pull out a small mirror. You could ask your child to look into the mirror and make a face that shows the feelings of sad, mad, happy, sassy, disappointed, silly, etc. You're likely to both end up laughing.

When children can use words to describe how they feel, they are less likely to hit, grab, bite, or whine.

Whenever you find it helpful, you can always use the Daniel Tiger strategy song to remind your child:

♪♪ Use Your Words. ♪♪



Your child can watch more videos and play games with Daniel Tiger by visiting pbskids.org/daniel



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**When you feel so mad that you
want to roar... Take a deep breath
and count to four... 1, 2, 3, 4.**

Family Activity: Mad Feelings



Dear Family,

We've been working on what to do when we get so mad that we want to roar! The picture on this card is from a short video of DANIEL TIGER'S NEIGHBORHOOD. After we watched the video, we played a "freeze" game with music and learned a new song to help us when we get mad.

Here's an activity you can do with your child to talk about and practice what we can do with the mad that we feel.

When You Feel So Mad...

Everyone gets mad sometimes. Learning to control our mad feelings is something we learn as we grow from infants to toddlers to preschoolers and throughout our lives.

Materials

- None

Directions

- Together with your child, talk about a time when they got so mad that they felt they wanted to roar. It might be when they didn't get something they wanted, or when another child hit or bit them.
- Daniel Tiger and his friends practice singing and showing how they count using a strategy song. Sing the strategy song together.
- If you and your child practice when things are calm, it will be easier to use this tune the next time it is needed.

 **When you feel so mad that you want to roar,
take a deep breath and count to four... 1, 2, 3, 4.** 



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“Get Out the Mad” Cookies

These cookies taste better the more the children pound on the dough.

Learning goals children are working on:

- Finding healthy outlets for anger
- Following directions
- Literacy
- Measuring
- Patience

Materials:

- Large bowl
- Cookie sheet

Ingredients:

- 3 cups oatmeal (either long cooking or instant)
- 1^{1/2} cups brown sugar
- 1^{1/2} cups all-purpose flour
- 1^{1/2} cups butter or margarine (softened at room temperature)
- 1^{1/2} teaspoons baking powder

Directions:

- Preheat oven to 350 degrees F.
- Place all ingredients in a large bowl, and mix well.
- Give each child a chunk of dough and tell them to mash it, knead it, and pound it.
- The longer and harder they mix the dough, the better the cookies taste!
- When the mixing is done, show the children how to roll dough into balls about the size of ping-pong balls.
- Place them on cookie sheet.
- Bake for 10-12 minutes.

www.pbskids.org/daniel

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Fred Rogers Timeless Wisdom



Making Friends



Fred understood that helping children learn to get along with others takes time and support from the caring adults around them. He wanted children to know that even good friends can sometimes disagree and have conflicts, and that finding a way to compromise can help them continue to enjoy playing together.

One of life's greatest joys is the comfortable give and take of a good friendship. It's a wonderful feeling not only to have a friend, but to know how to be a friend yourself.

Early Friendships

Some children are naturally sociable, and from early on seem to love to have playmates. Other children are more private and seem content to do things by themselves. Not wanting to play with others or clinging to a parent may be their way of saying, "Instead of getting to know those other people right now, what I need is more time to get to know me!" Many young children aren't ready yet for certain kinds of sociability.

When children do make their first social connection, it's usually *side by side*. They might play next to each other in the same area or with similar playthings. They may just watch each other or imitate each other. That's how friendship begins — with the understanding that "you're someone else and I'm someone else."



"My Best Friend"

The ability to play *with* another child comes later, along with the growing delight (and frustration) of sharing ideas. Friendships become "give and take," filled with ups and downs, as children learn to compromise, cooperate, and work through differences in feelings and styles.

Those early friendships tend to be temporary — "of the moment." When a child refers to someone as "my friend," that usually means "we're playing together right now." Being named "my friend" — or better still, "my *best* friend" — is so important to children that when things aren't going well, the most powerful threat they can think of is, "You are not my friend any more."

That's usually just their way of saying, "I'm really angry that you won't go along with my ideas." The conflict is often forgotten after a short time, and the two friends are back together again.

The Work of Friendships

Young children have much to learn about sharing toys and sharing ideas, and that kind of learning happens over a long period of time. It takes years for young children to begin to see things from someone else's point of view, and to learn about managing all those complicated feelings, like anger, love, disappointment, frustration, and jealousy.

When young friends have a chance to deal with those feelings, they can often learn that an important part of friendship is working things out after a disagreement and finding that their relationship is even stronger than before.

Helpful Hints

- The first playdate between two children could be a short get-together, like a picnic or snack. The two children might make something simple together for the meal. It can take a while for some children to feel comfortable at an unfamiliar home, and so you may want to invite the child's parent, too.
- When a friend comes to play, suggest activities that are less likely to create conflict, like making a long paper chain or playing with things that are easily shared, like play clay, blocks, craft materials, construction paper, crayons, and paints.
- You might want to stay nearby or at least within ear range when new friends are playing together. Children's conflicts can erupt suddenly, and it helps if you can step in early. Just your being nearby will probably keep the players' "comfort level" high.
- When there are disagreements, let the children know that you understand that sometimes friends just don't agree on certain things. Even people who like each other a lot can agree to disagree. Encourage the children to think of ways to work things out so that neither one loses. Learning to come to a mutual "win-win" resolution will serve them all their lives.
- If you can remember a time when you and a childhood (or adult) friend disagreed or had a dispute, tell your child how you worked things out. It helps children to hear that their parents have had to work hard at resolving conflicts, too. That shows them what value you give to maintaining good friendships.



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 A friend just wants to play with you. 

Family Activity: Friendship



Dear Family,

We've been talking about spending time with our friends. The picture on this card is from a short video of DANIEL TIGER'S NEIGHBORHOOD. We also talked about the video and sang a song about friendship.

Here's an activity you can do with your child to learn more about friendship and playing together.

Make a Book About Friends

Young children are learning what it means to be a friend. Friends like to play together. Sometimes they have different ideas about what they want to do and conflicts arise. We can help children learn to listen to each other and continue to play. Working things out is what friends do.

Materials

- Paper
- Stapler, tape, paper clips or other way to fasten the paper
- Crayons or markers

Directions

- To make the book: Stack three or more pieces of paper together and staple or fasten them along the left side.
- Here are some things you might talk about and then follow-up by asking your child to draw a picture on each page of the book.
 - Let's make a book about friends.
 - For the cover, print the word "Friends."
 - Who are your friends?
 - Draw a picture of yourself playing with your friends. Tell me about what you're doing. How do you feel?
 - Can you think of a time when you and a friend disagreed?
 - Can you draw a picture about how you felt about that?
 - How did you become friends again?
 - Remind your child about the video we watched in class. How did Daniel Tiger and Miss Elaina solve their problem?
 - Ask your child if he/she remembers the song we learned in class. Suggest that you and your child sing the song together. Write the words to the song in the book so that you can sing it again in the future.
 - Re-read the book the book with your child.
 - You can add to the book anytime. Your child can make "chapters" about activities with their friends or even make a special book for family members.

A friend just wants to play with you.



Your child can watch more videos and play games with Daniel Tiger by visiting pbskids.org/daniel



DANIEL TIGER'S NEIGHBORHOOD

Friendship Cards

Talk with your child about friendship and what makes a good friend. Ask them questions like "What do you like to do with your friends?," "Who are your special friends?," or "What would you say to let your friends know how special they are?" Help them fill in the cards, cut them out and have them deliver them by hand or through the mail.

1. Print this sheet.
2. Cut along dotted lines.
3. Write your thank you messages in the spaces provided.
4. Deliver or mail them.

Hi Friend



You're Grr-ific



I Like You



Watch Daniel Tiger's Neighborhood on PBS KIDS.

For more ideas and tips visit

pbsparents.org



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**You can take a turn,
and then I'll get it back.**



Family Activity: Sharing



Dear Family,

We've been talking about sharing and taking turns. The picture on this card is taken from a short video we watched of DANIEL TIGER'S NEIGHBORHOOD: Daniel Shares his Tigertastic Car. After we watched the video, we made up our own rules about sharing and practiced using them.

Learning to share can be a challenge for young children. In their minds, they believe what's mine is mine and what's yours is mine, too!

Here are some simple activities that will help your child understand sharing and taking turns at home.

Sharing & Taking Turns

- Ask your child what sharing means. You might discover that he/she thinks you are taking something away and won't ever give it back.
- Sometimes children get confused about sharing and taking turns. It's easier for children to take turns than to share something by giving some of it away (like sharing a treat).
- Ask your child about times when it might be good to share by taking turns.
 - Taking turns riding a tricycle
 - Taking turns using a toy
- Can your child think of times when they share by giving someone part of what they have?
 - Sharing play dough by giving half to a friend
 - Sharing a banana with you by cutting it in half
- Model sharing. When you find yourself sharing with another family member, point that out.
- Ask your child how it feels when he/she sees someone else using his/her favorite things.
- Let your child have something that he doesn't have to share. Some families find that if their children have certain things they don't have to share, they may be more willing to give up some other things to another child.
- Look for times when your child is kind, shares, or thinks of someone else's feelings and point that out.
- When other children are coming over to play, let your child decide which toys others can play with. They could be put into a "Sharing Basket."
- Sing the song that Daniel Tiger sings that helps him share his toys.

 **You can take a turn, and then I'll get it back.** 



Your child can watch more videos and play games with Daniel Tiger by visiting pbskids.org/daniel



Fred Rogers Timeless Wisdom



Valuing Little and Big



Children may sometimes feel overwhelmed by the size of everyday things: A table can seem huge to a child who can walk under it, and silverware and plates must seem twice the size they do to us. I like to reassure small children that small things are very important in life. A small paintbrush can handle corners that a large one can't. A small pan or spoon is just as important in the kitchen as a big one. Children need to be reminded that even though they are small, there are lots of things they can do particularly well .- Fred Rogers

All through the year in child care, the children will share with you their big talents and accomplishments, like being excited about catching a ball or reading a book themselves. But they also benefit when they know you care about their little talents -- when they want to share with you a song they've just learned or a delight in a simple pleasure.

"Little" and "big" are such emotionally-charged words for young children. As children become more and more aware of themselves and their world, they become aware of how small they are, compared to the people who look after them. It may also seem to them that grownups get to do all the big and exciting things and make all the decisions, too.

Wanting to be Powerful

Our society today places great importance on the big, the fast, and the loud. Not long ago, a race car driver was being interviewed on television because he had just won some important race. As he began to talk, it was obvious that he wanted to show and tell the world that he was a human being with a family and friends and a love for all kinds of things. He wanted people to know that he was not just the driver of a fast-moving car. But the interviewer had only two questions: "How fast did you go?" and "How much money did you win?" With all those messages coming at them, from inside and outside, it's no wonder children long to be big and powerful. But what a challenge it is for all of us to find healthy ways to satisfy that longing, while helping children value being little.

Playing about Being Grown-Up

One healthy way we can respond to children's longing to be big is by encouraging their play. When we offer them simple "props" from the adult world, like a discarded briefcase or a worn purse, an old hat or oversize shoes, children usually gravitate to those symbols of the adult world and pretend they're "grown-up."


That kind of dress up play can help children feel big and powerful and in charge of things. Even little children need to feel in control of their world from time to time without the scary responsibility of actually being in control.

Besides providing "grownup" props and encouraging that kind of pretend play, we can also help children feel bigger and more powerful by offering them choices when it's appropriate or by asking them to make suggestions for solutions to conflicts over toys or friends.

Cherishing the Little Things

At the same time, we also need to remember there are unique things about childhood and about being a small child which are to be cherished. We adults can help young children feel good about who they are when we put value on the many things children *can* do. It's a way for us to let them know that we don't want or expect them to be more grownup than they're ready to be -- that we really do like them just the way they are.



 **Strategy Song:** *Everyone is big enough to do something.*

Daniel Tiger's Neighborhood closely parallels the gentle tone and emphasis on social and emotional strategies that made *Mister Rogers' Neighborhood* and Fred Rogers a TV icon. Fred's creativity and innovation continue to thrive in 21st century TV. Teachers and parents will enjoy revisiting his messages with a new generation of characters.



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Keep on trying, you'll get better!



Family Activity:

Persistence



Dear Family,

We've been talking about being persistent and not giving up when we're working on a new idea or project. The picture on this card is taken from a short video of DANIEL TIGER'S NEIGHBORHOOD:

O Builds a Tower. O the Owl, one of Daniel's neighborhood friends, tries to build the tallest tower in the world with blocks at school. He struggles and wants to give up, but he doesn't. Instead he asks for help, figures out what went wrong, tries his new idea, and builds a tall tower that stands tall and steady.

Here's an activity to help your child understand that trying and problem solving are an important part of learning.

Keep on Trying

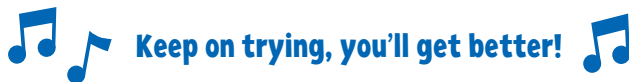
Directions

- Start a conversation with your child about things that he or she can do really well. For example:
 - riding a tricycle
 - kicking a ball
 - jumping
 - climbing the slide ladder
- Ask: "How do you think you got so good at doing that? I see you doing ____ a lot, and you seem to like it. I bet it makes you feel proud of yourself when you ____"
- Ask: "What do you think you're not so good at right now?"
 - riding a two-wheeler
 - dunking your face in the water in the pool
 - kicking a soccer ball or batting at t-ball
- Ask: "How did you get so good at ____? Oh yes, you do it over and over again. That's called practice. Every time you try to do something again, and again, you could get better at it."

Some words that you might use:

- "I know you can do this. Maybe take a break for a minute and try again."
- "I see how hard you've been trying; I bet you'll get it soon."
- "You figured it out!"
- "Give it a good try and see what happens. Keep on trying."
- "What's another way we might solve this problem?"
- "It can be fun to practice getting better at something."
- "Let's think about what we could learn from this mistake."

You can always sing Daniel Tiger's song:



Your child can watch more videos and play games with Daniel Tiger by visiting pbskids.org/daniel



Fred Rogers Timeless Wisdom



Cleaning Up



Chores have to be done before play; patient persistence is often the only road to mastery; anger can be expressed through words and non-destructive activities; promises are intended to be kept; cleanliness and good eating habits are aspects of self-esteem; - all these lessons are ones children can learn far more readily through the living example of the adults around them than they ever can through instruction. - Fred Rogers

For most of us, young and old, cleaning isn't much fun. It's routine work to be done. But put some playfulness into it, and you might find children becoming more welcome partners.

Turning a Chore into Play

Fred Rogers once told a story about a time when he visited friends for dinner. At the end of the meal, the hostess asked her five-year-old son if he'd like to help with the cleanup. Seeing him hold back, she bowed to him and in a royal voice offered him a "throne" of a high stool to sit on, a robe of a towel draped around him and proclaimed him "King of the Silverware." The little boy giggled as he stepped up on the stool to start washing the silverware. As the adults cleaned up the counter around him, they saw him laugh with delight at the soap bubbles that floated off in the water to pop and vanish. It probably took longer that day for the silverware to be washed and dried, but everyone was involved in the clean-up and enjoyed it more because they were doing it together.

Good Feelings of Being a Helper

Not only was the boy having some fun, he was feeling helpful. What a good feeling that is! Most of the time young children hear from us what they can't do. It's especially important that they also know we value what they can do. When children know that their help is valuable, they feel valued, and naturally they're likely to do helpful things for us and others in the future.

Sometimes when we make doing chores more fun for children, we find the "child within us" and carry over that playfulness to other chores or other parts of our lives, as well. That's a good feeling too!



Strategy Song: Clean up, pick up, put away, clean up every day!

Daniel Tiger's Neighborhood closely parallels the gentle tone and emphasis on social and emotional strategies that made *Mister Rogers' Neighborhood* and Fred Rogers a TV icon. Fred's creativity and innovation continue to thrive in 21st century TV. Teachers and parents will enjoy revisiting his messages with a new generation of characters.

www.pbskids.org/daniel

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Fred Rogers Timeless Wisdom



Routines Help Children Manage



If children know what you expect, it's easier for them to manage. With your help, they come to learn that routines have a beginning, middle, and an end. - Fred Rogers

One of the best ways to deal with daily routine struggles, like naptime, teeth brushing, or washing hands is to set up routines and rules. Children are much more comfortable when they know what to expect and when they know what is expected of them. Consistency and predictability go a long way toward helping children manage their behavior and their feelings. Using songs or riddles can help make getting through the task easier and more fun.

As you know, children will test the routines and rules you make. It may take a while for them to see that you're firm about whatever routine you are trying to establish. In the meantime, you can let them know that even if they don't like the rules, it's important to follow them.

No matter what, there may be some times when children might have an especially hard time going along with the expected routine. Children might be overly stimulated, sick, upset by significant changes in the family or at school, or having a difficult time for no reason that's apparent to you. At times such as this, it often helps if you stay close by and offer calm reminders and guidance.

Little by little, children learn to accept routines as a regular part of their day. The consistency and predictability of routines helps them feel the people they love are there to care for them. That security is a wonderful gift for any human being!

Teachers often need to support parents around this issue as well. Most parents realize that the most effective way to deal with rules and limits is to provide consistency in family life. But that's much easier said than done!

It can be an enormous challenge to establish some regularity when each day seems to bring new demands. Out of necessity, many families have had to become somewhat casual about routines. When children and parents can't count on some structure in everyday life, it's harder to know when to give in and when to stay firm.

It's even difficult for many parents today to figure out which rules really matter. There used to be much clearer boundaries of what was acceptable and what wasn't. Maybe, too, some of our ambivalence about sticking to the rules comes from our own long-ago fear of losing our parents' love. Maybe we're afraid we'll lose the love of our children when we don't let them have their way. But giving them limits when they need them is a loving gift and can be one of the greatest satisfactions of parenting.

With the heavy demands of everyday life, parents today are also concerned that they don't have much time with their children, and they don't want to spend the time they do have fighting over rules. It may seem easier to give in so that things will quiet down and be more pleasant, but that's a short-term solution.

As a teacher and family supporter, one of the best things you can do is to empathize with parents and encourage them to stay firm, sing the songs that make the routines easier for everyone and keep the long term goal in mind, i.e. to have their children learn that they are serious about the rules and that the struggle won't get them to back down.



Strategy Songs: Bath, brush teeth, pjs,, story and song.

Clothes on, eat breakfast, brush teeth, put on shoes and off to school!

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Going Away and Coming Back



This activity can help children use play to work on their feelings about when their parents go away and develop a sense of trust that grownups come back.

Children are working on:

- Feelings about separation
- Expressing feelings
- Developing self-control

Materials:

- Toy furniture or pictures of furniture from catalogs or magazines
- Toy people or figures drawn or cut from magazines or catalogs

Directions:

Talk with the children about the feelings they sometimes have when they have to leave home to come to child care or preschool, or when they leave child care or preschool to go home. Some children may not feel upset, and it's okay for children to express that idea, too. Or, children may have two very different feelings about the same thing. Playing about situations that are difficult for children can make feelings more manageable.

Have the children use small toy furniture to set up one model that represents the child-care setting or preschool and another that represents their home. Ask the children to use the toy people to pretend about leaving home for school and returning home at the end of the day.

Help the children think of good ways they can manage when they're upset about people going away and coming back. For example they can pretend about:

- Doing fun things at school or after school
- Saying "good-bye" to a pet or favorite stuffed animal before leaving home
- Waving good-bye to parents through a window at school
- Gathering their belongings just before they go home

Many teachers find it helpful to include, on their schedule, a picture of home at the end of the day.

Books:

Hello! Good-bye! by Alik

When Mommy and Daddy Go to Work by Joanna Cole

Don't Go! by Jane Breskin Zelben

The Kissing Hand by Audrey Penn

Related to Episode 103/ Strategy Song:

Grownups come back (... they do. Grownups come back to you)





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♪ Grownups come back. ♪

Family Activity: Separation



Dear Family,

We've been working on what to do if we feel worried when we are separated from our family – when they drop us off at school or with a sitter, for instance. The picture on this card is from a short video of DANIEL TIGER'S NEIGHBORHOOD. After watching the video, we talked about Daniel and his worries about being separated from his family, learned a new song and played pretend.

Here's an activity you can do with your child to continue exploring the idea that "grownups come back."

Going Away & Coming Back

Children may feel left behind when their favorite grownups go off in cars and planes. This pretend-play activity can help children feel more in control and help them better understand what grownups may be doing when they are away.

Materials

- Chairs
- Construction paper to make signs and/or "tickets"
- Markers or crayons

Directions

- Ask your child what type of vehicle he/she wants to make.
- Depending on the choice, ask how many seats, and how exactly to construct this vehicle.
- Chairs can be lined up to form passenger seats.
- Let your child decide who will be the "driver, pilot, train engineer, ticket taker, or... "
- Once the vehicle is constructed, remember to fasten the pretend seatbelts.
- Start pretending. Talk about where they are going, who might be getting dropped off, how long they will be away, and when they plan to return.
- Pretend to look out the window and talk about what they see, saying something like "Look, there's a big truck next to us. What do you think is inside?" or "That person is wearing a uniform. Where do you think she's going?"
- Talk about the people being dropped off. What are they going to do?
- Remember to have the person come back and sing the song that Daniel Tiger and his friends sing.



You can also play other games with your children to explore going away and coming back. Games of hiding and finding, burying and rediscovering, or even peek-a-boo can help children better understand feelings around separation.

You and your child can read a special story called "Daniel's Babysitter" at <http://pbskids.org/daniel/stories/daniels-babysitter/>.



Watch more videos and play games with Daniel Tiger by visiting pbskids.org/daniel



Fred Rogers Timeless Wisdom



Encouraging Curiosity



Fred Rogers reminded us that when children see their parents and caregivers wonder about the things in the world, ask questions, notice things, look carefully and try to figure things out, then they'll want to be curious about the world around them, too.

A mother once told us what she discovered on a walk with her young child. “We were just going to the end of the street to the mailbox and back, but my daughter could have made it an all-day trip! First, she squatted down for a closer look at ants coming out of a crack in the sidewalk. Then she heard some birds above her, so we had to stop while she tried to find where those birds were, high above her in the tree. She kicked a stone into a puddle and watched the ripples...and then another stone...and another one! I never knew there was so much to see and do in that one little block between our house and the mailbox!”

Young Scientists at Work

Call it dawdling. Call it distraction. Preschoolers are naturally curious creatures. They're engaged in a love affair with the world — as if they've suddenly opened the front door of their home and discovered there's a whole world around them. Even little things become fascinating to them. At this age, they're scientists, observing and experimenting. They're hungry to know about the world.

Excitement of Discovery

Curiosity is one of the most important tools a child can develop for school — and for life. Even before children are capable of actually learning how the body works, how animals behave, how machines work, how the different parts of the environment fit together, or what the stars and planets are about, they can begin to find excitement in discovery. They can gain a sense that they and their world are wondrous creations, and see that there's much to learn about in this wonderful world.

Exploring Together

Just as our children can open our eyes to the marvels in the world around us, we can play an important role in encouraging their curiosity. Some of my deep appreciation for nature also came from growing up in a small town, where there were many adults around us who had a sense of wonder and respect for the woods, the streams, the birds, the bugs, and the wildflowers. When children see that you wonder about and care for living things, when you marvel at a flower or a sunset or the moon on a particular night, that gives them a respect for nature, too. It's contagious!



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**When you pretend,
you can do anything!**



Family Activity: Pretend Play



Dear Family,

We've been doing lots of pretend play at school lately. It's one of the children's favorite things to do, and it actually helps them get ready for future years of school. The picture on this card is taken from a short video of DANIEL TIGER'S NEIGHBORHOOD: Pretend Play.

After we watched the video, we talked about it and learned the song that Daniel and his friends sing at school when they are pretending: 🎵 **When you pretend, you can be anything!** 🎵

Pretend Play at Home

Ideas and materials for you and your child to have fun with when you're encouraging pretend play at home:

- In the video we watched, Daniel's teacher brings in a big cardboard box, and the children have great fun pretending that it's a spaceship, boat, and even a race car. You could keep an eye out for a big box for your children to play with at home.
- Look for items from your closet that your child can use to play dress-up. Items like adult shoes, a jacket, a purse, a backpack, or a briefcase may be easy for your child to recognize and associate with someone in the family. Children like to pretend to be "you" or someone they know well. You might need to start the pretend play by saying, "Pretend you're _____. Where are you going? What are you doing today?"
- You can use towels or fabric to make superhero capes.
- Old Halloween costumes can inspire pretend play all year-round.
- Use old socks for making sock puppets. You can glue on old buttons for eyes or use markers to draw a face on the sock puppet.

Did you know that when children pretend, they are developing skills that prepare them to:

- Read stories
- Solve problems with their friends
- Express their ideas and feelings
- Imagine that they can be anything

🎵 **When you pretend, you can be anything!** 🎵



Your child can watch more videos and play games with Daniel Tiger by visiting pbskids.org/daniel



"Let's Talk" & "Let's Do" Cards

Instructions: Cut out these learning cards for quick, adult-led conversation and activity starters!

Parent Tips

- **Know the goals of the show:** The learning goal for DANIEL TIGER'S NEIGHBORHOOD is social-emotional.
- **Keep cards nearby:** Print, cut, and keep the cards where you can access them quickly and easily.
- **View with a purpose:** Be deliberate when inviting your child to watch a PBS KIDS show. These cards can help by adding meaningful conversation and easy activities to their experience.
- **Together is better:** Cards are designed for both individual or group work, with a grownup guiding the conversation.



Let's Talk!

What did Daniel do today? How did he feel? Can you tell me about a time when you felt that way?

Let's Do!

What different emotions can Daniel or you have? Draw pictures and label the emotions or use your bodies and faces to do the same. What can you do when you have these feelings?

Let's Talk!

What song did Daniel sing? What did Daniel sing about? How does singing a song help Daniel? How does music help you?

Let's Do!

Make a song that your family can sing together.

Let's Talk!

What did Daniel make believe? What do you like to make believe?

Let's Do!

You can make believe with Daniel! Imagine you are visiting his neighborhood or he is coming to yours.

Let's Talk!

How is your family like Daniel's family? How is it different?

Let's Do!

Draw a picture of your family. For extra fun, choose an animal—like a tiger, a rabbit, or a dog—for your family to be. Why did you choose this animal?

Let's Talk!

What places did Daniel visit in his neighborhood? Do you have places in your neighborhood like this? Are there people that remind you of Daniel's friends and neighbors?

Let's Do!

Choose some of your favorite places—such as your school, grocery store, library—and draw them on a map.

Let's Talk!

What are some of Daniel's routines for morning, school, or nighttime? Are any similar to what you do? How do they help Daniel? How do they help you?

Let's Do!

Think of a routine you have in your home—such as going to bed or getting ready for school. Make a picture chart to show each step. Make up a song to sing as you practice your routine.

Find more games and activities at pbskidsforparents.org



KINDNESS LOOPS

Kindness Loops are interlocking paper loops that children can make to help them understand how to show kindness to others and to themselves.

Your family can make **Kindness Loops** together, or a child can make them on their own and decorate with drawings.



MATERIALS

Here's what you'll need to make **Kindness Loops**:

- A template (see following page) or colorful construction paper
- Tape or glue

INSTRUCTIONS

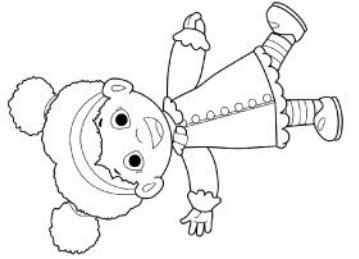
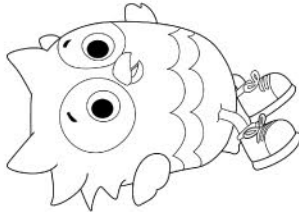
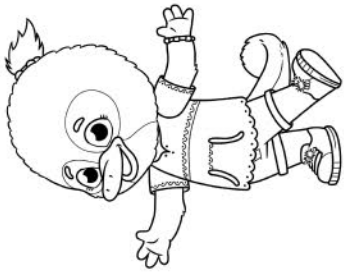
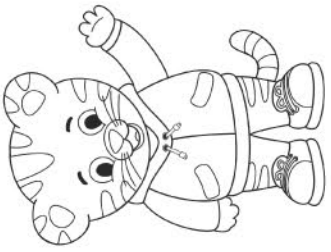
- Adults should cut the strips of paper for the loops.
- If you are doing this activity with your children, they could color or draw an act of kindness on each strip. They can also write their message. Offer help as needed.
- If you want to leave a surprise message, write or draw your message inside a loop.
- Tape or glue the two ends of the first strip together to make a circle.
- Put another strip through the circle you made, and tape or glue its two ends together.
- Continue looping and add loops as you like.



Talk as a family how you can show kindness to each other.



Find more games and activities at pbskidsforparents.org



Thank You Notes



Talk with your child about appreciation and giving thanks. Ask him questions, like "Are there things you are thankful for?" and "What people would you like to thank? Your mom or dad, sisters or brothers, neighbors or teachers?" Work with him to fill in these thank you cards for special people in his life and have him deliver or mail them.

1. Print this sheet.
2. Cut along dotted lines.
3. Write your thank you messages in the spaces provided.
4. Deliver or mail them.

Thank You



Thank You



Thank You





Family Game Time

Print this page twice to play a simple matching game. Cut along the lines on the page to make individual cards. Shuffle the cards. Place each one face down. The first player turns over two cards. If the cards match, they keep the cards. If they don't match, they turn them upside down again. The next player takes a turn. The game is over when players have matched all of the cards.





Our Family Favorites

FAVORITE FOODS

FAVORITE COLORS

FAVORITE BOOKS

**FAVORITE
ANIMALS**

FAVORITE SONGS

FAVORITE HOLIDAYS





Our Family Memories

Celebrate the family time you spend together! Talk about everyday moments, special activities, traditions, and more. Parents and older children can write about family memories, and younger children can draw pictures about them.

REMEMBER THE DAY WHEN WE...



THESE ARE THE THINGS WE LIKE TO DO TOGETHER...



THIS IS HOW OUR FAMILY CELEBRATES...



**IT DOESN'T MATTER WHAT WE DO,
I JUST LIKE TO BE WITH YOU.**

pbskids.org/daniel





Name _____

Household Chores for Every Age

Teaching kids how to do household chores is a meaningful part of growing up. They teach practical life and academic skills, as well as foster a sense of responsibility and community. Use this checklist for age-appropriate chores to do with your family.



2 to 3

- Pick up toys
- Put dirty clothes in the hamper
- Hang-up jacket and put away shoes
- Help sort clean laundry (e.g. find all the socks)
- Dust window sills
- Help wipe-up spills

4 to 5

- Make the bed
- Set and clear table
- Put away clean silverware
- Put clothes in the washing machine
- Fold towels and socks
- Feed pets and water plants

6 to 8

- Keep bedroom organized
- Fold and put away laundry
- Assist with meal preparation
- Load and empty dishwasher
- Sweep and vacuum floors
- Take out garbage and recycling



Find more games and activities at pbskidsforparents.org



Learn at Home with PBS KIDS

Play and learn anytime and anywhere with free apps from PBS KIDS! Use the chart below to find the app that aligns to your child's grade, learning goal, and favorite PBS KIDS show - then download it on your on your mobile or tablet device to play online, offline, or anytime.

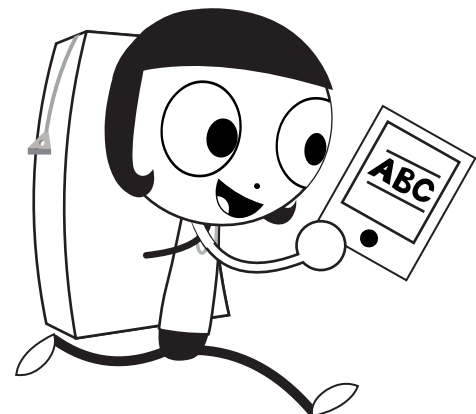
Apps for Social & Emotional Learning

Daniel Tiger for Parents	PK-K	Social & Emotional Learning
PBS KIDS Games app	K-2	Multiple Learning Goals
PBS KIDS Video app	K-2	Multiple Learning Goals



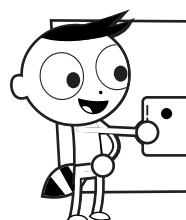
Apps for Literacy Learning

Dinosaur Train A to Z	PK-K	Literacy, Science
Molly of Denali	K-2	Literacy
PBS KIDS Games app	K-2	Multiple Learning Goals
PBS KIDS Video app	K-2	Multiple Learning Goals

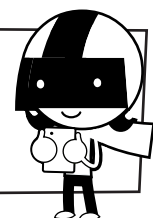


Apps for STEM Learning (Science, Technology, Engineering & Math)

PBS Parents Play & Learn	PK-K	Literacy, Math	Photo Stuff with Ruff	K-2	Science
Play & Learn Engineering	PK-K	Science and Engineering	Ready Jet Go! Space Explorer	K-2	Science
PBS KIDS Measure Up!	PK-K	Math	Ready Jet Go! Space Scouts	K-2	Science and Engineering
Play & Learn Science	PK-K	Science	Nature Cat's Great Outdoors	K-3	Science
Splash and Bubbles for Parents	PK-K	Science	PBS KIDS ScratchJr	1-2	Coding
Splash and Bubbles Ocean Adventure	PK-K	Science	Outdoor Family Fun with Plum	1-3	Science and Engineering
The Cat in the Hat Builds That!	PK-K	Science and Engineering	Cyberchase Shape Quest	1-5	Math
The Cat in the Hat Invents	PK-K	Science and Engineering	PBS KIDS Games app	K-2	Multiple Learning Goals
Jet's Bot Builder: Robot Games	K-2	Science and Engineering	PBS KIDS Video app	K-2	Multiple Learning Goals



pbskids.org/apps

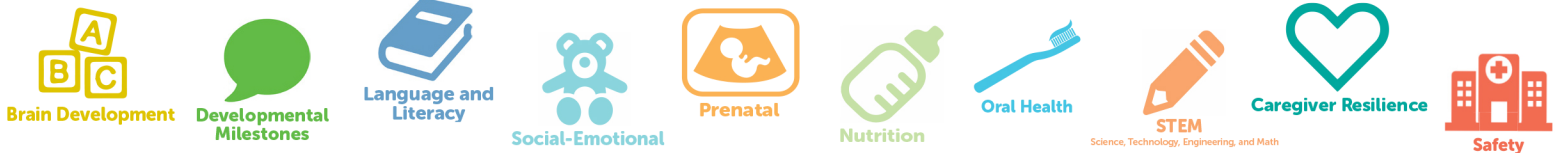


What is **Bright** by **Text** ?

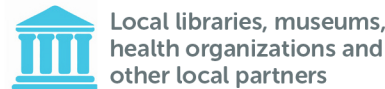
Bright by Text is a free program for parents and caregivers that sends tips and resources promoting child development, targeted to a child's age from prenatal to 8 years old, right to their cell phone.

MESSAGES INCLUDE

research based messages help parents and caregivers feel prepared, and local messages keep them informed



CONTENT SOURCES



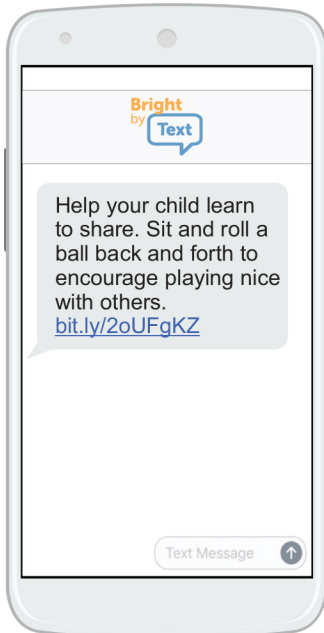
LINKS TO MORE RESOURCES

SIGN UP

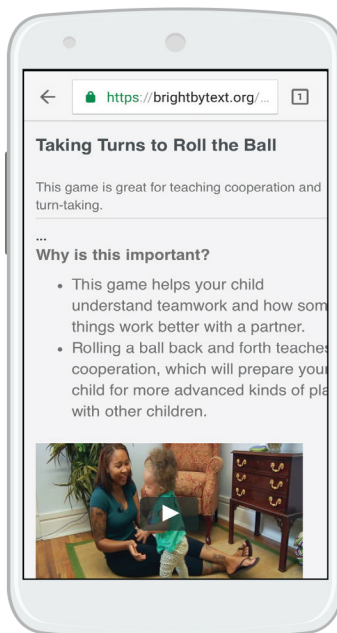
Each text message has a link to a landing page with more information, including short modeling videos, related books, games and other resources.

parents and caregivers

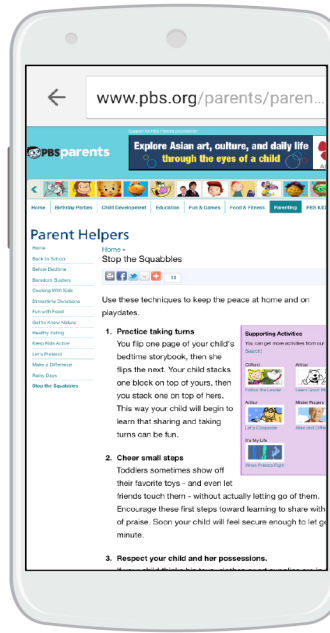
text message



landing page



linked content



*Message and data rates may apply. Text STOP to 274448 to stop. Text HELP to 274448 for help.

