



I Can Give It a Try

One small try can help your child discover, “I can do this.”

Helps Your Child Grow



Sense of Identity and Belonging

Encouraging your child to express ideas and reflect on experiences helps build confidence in their abilities and a positive sense of self.

Steps

- If your child tends to pull back from a task, how can you help them feel more confident about trying?
- Begin with a manageable job that fits your child’s current ability, such as setting out spoons or wiping a table, so they can contribute and experience success.
- Create frequent chances for your child to share ideas: “How do you want to build it?” or “What do you think happens next?”
- When a task feels difficult, say, “Let’s try it in two steps.” Breaking it down can make continuing feel possible.
- If your child asks, “How does my picture look?” go beyond “Nice.” Ask, “Which part do you like best?” Then display the work so they can take pride in it.
- Afterward, invite your child to explain a strategy: “How did you do that?” Give them a chance to proudly share their thinking.

Tips

- When your child feels capable, extend that confidence toward helping others. After a success, invite them to use the same skill to support someone else.

Observations

- ☐ Shares how they did after completing a task
- ☐ Keeps trying when something is difficult instead of giving up quickly