

Dear Caregiver,

Theme: Responsibility

In your kit:

- Printed Door Hanger
- Clothes Pins
- Stickers
- Black marker

### Activity: Responsibility Chart

1. Talk with your child about what being responsible means in a family.
2. Talk about the jobs in your family that each person is responsible for.
3. Talk about the importance of doing your job and why the other family members count on it being done. Why does it matter?
4. With an adults help your child cut out the printed door hanger.
5. Have your child color or decorate with stickers.
6. Talk with your child about what responsibilities they might have at home such as drying dishes, cleaning up toys, or putting shoes away.
7. After you decide on child's responsibility write a chore or job on each clothes pin.
8. Start each day with the door hanger free of all clothes pins, as they do the job add the clothes pins.
9. Keep track of how well child does adding clothes pins every day. Start with just 2 chores a day, and add a few more when you think they are ready.

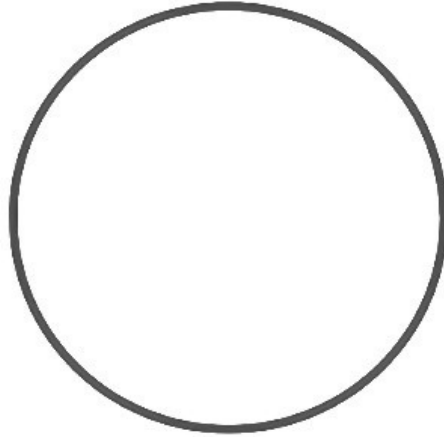


# Responsibility

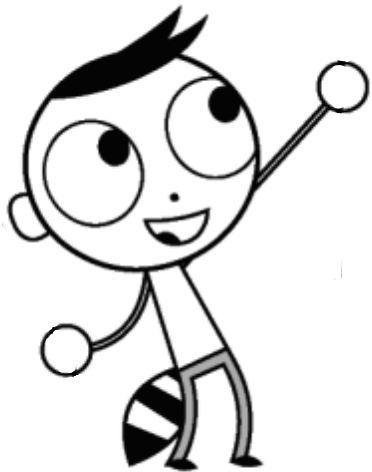
**Encourage your child to be a helper by playing this game from Daniel Tiger's Neighborhood**

## Daniel's Classroom Helper Game

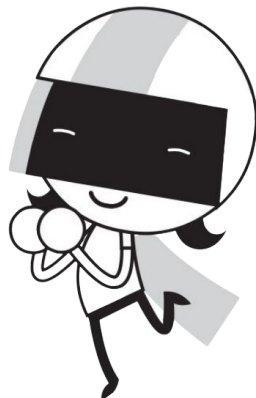




To Do



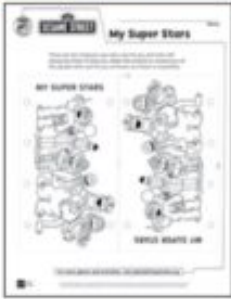
Done!







# Community Helpers BINGO



**My Super Stars**



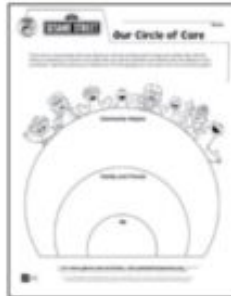
**In case of an emergency, dial 9-1-1. Memorize the phone number.**



**Community Helpers**



**Thank a teacher for their help.**



**Our Circle of Care**



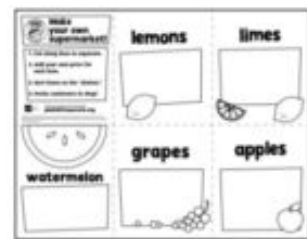
**Draw a poster of the tools firefighters use.**



**Community Helpers: Paper Hats**



**If you could be any community helper, who would you be and why?**



**Grocery Store**



**PreK-K**

**Find more games and activities at [pbs.org/parents/learn-at-home](https://pbs.org/parents/learn-at-home)**



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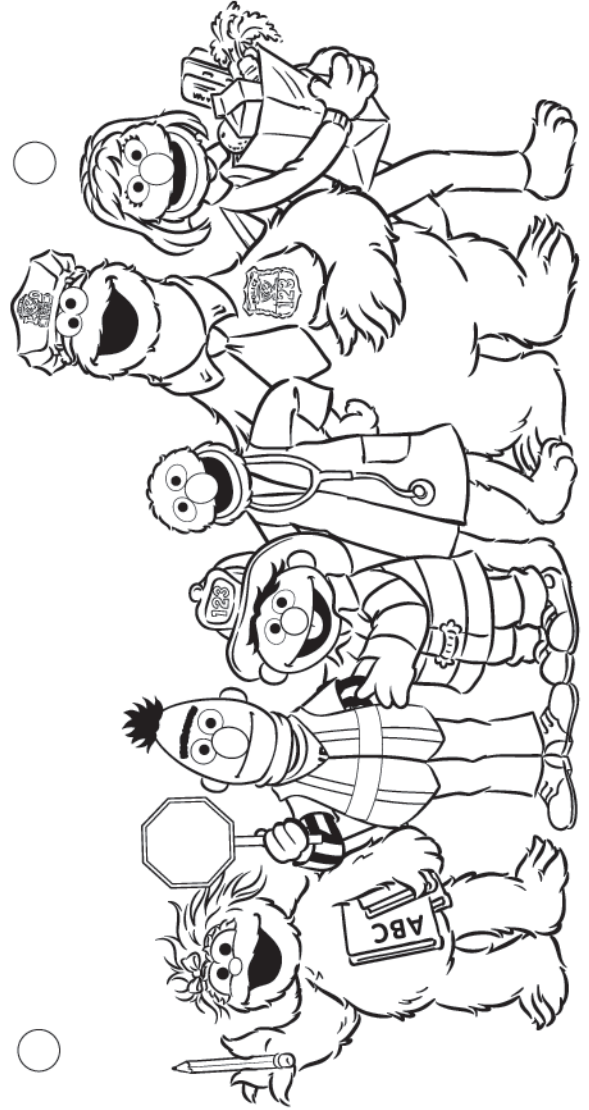
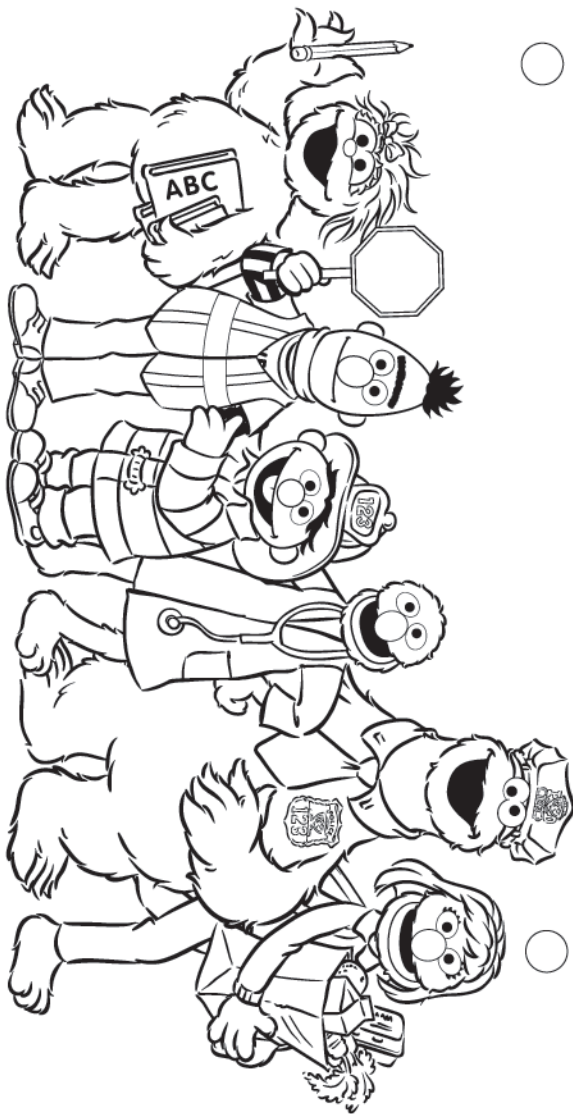


Name \_\_\_\_\_

# My Super Stars

There are lots of grown-ups who care for you and who will always be there to help you. Make this mobile to remind you of the people who care for you at home, at school, or anywhere.

## MY SUPER STARS



fold here

## MY SUPER STARS

For more games and activities, visit [pbskidsforparents.org](http://pbskidsforparents.org)







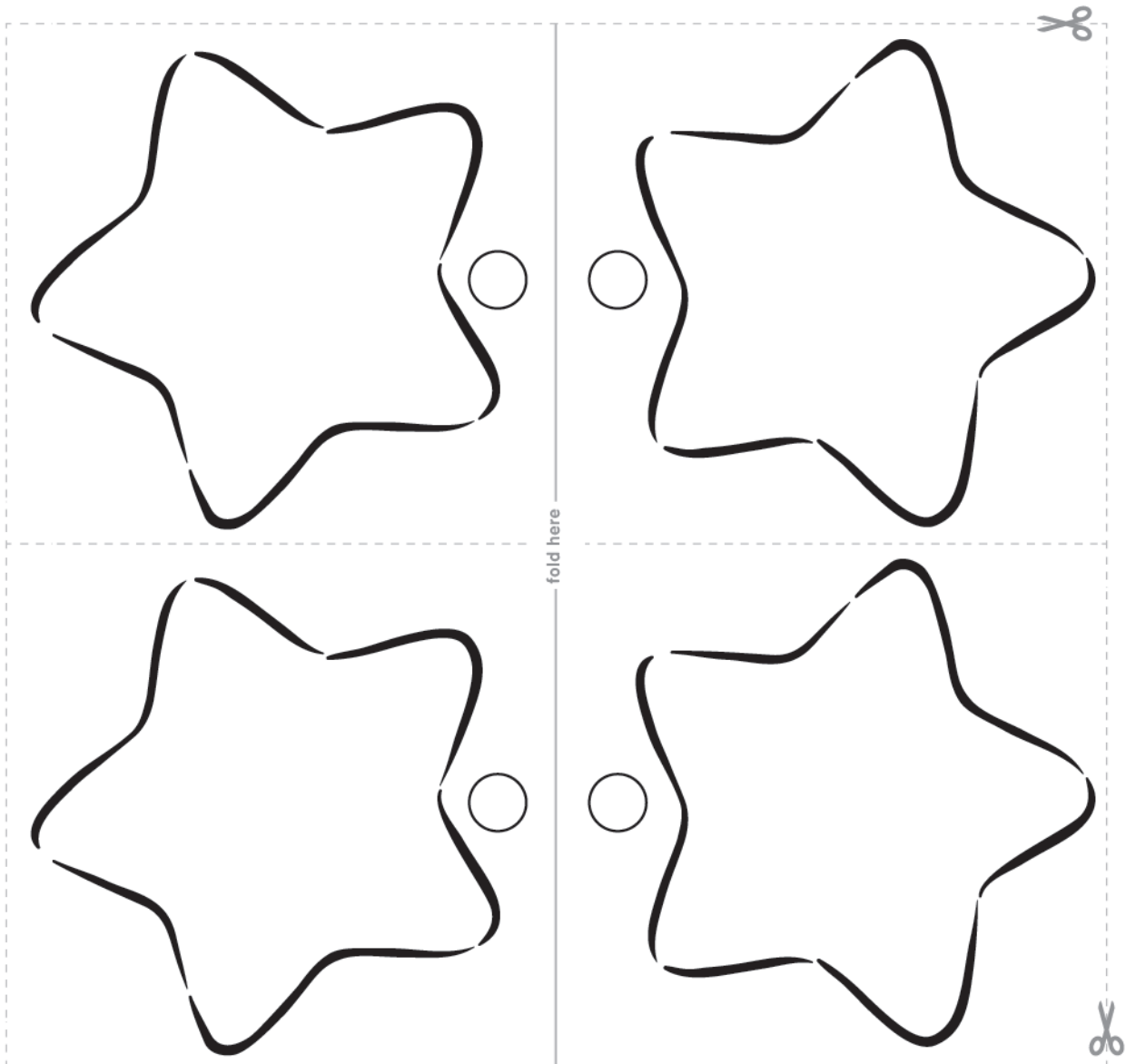


Name \_\_\_\_\_

# My Super Stars

## Instructions

1. Cut out the mobile and the stars), and help your child decorate the stars with photos or drawings of the grown-ups who care for them.
2. Fold and glue the mobile and the stars in the middle.
3. Help your child attach the stars to the mobile with string.
4. Loop string through the two holes on the top of the mobile and help your child hang it anywhere!



**For more games and activities, visit [pbskidsforparents.org](https://pbskidsforparents.org)**



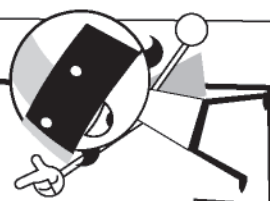




# Community Helpers

Name \_\_\_\_\_

**A community is a place where people live, work, and play. Draw a picture of a community helper! How can you help your community?**



## Family Talk

- Who is a community helper?
- What do community helpers do?
- Are YOU a community helper?

Find more games and activities at [pbskidsforparents.org](http://pbskidsforparents.org)



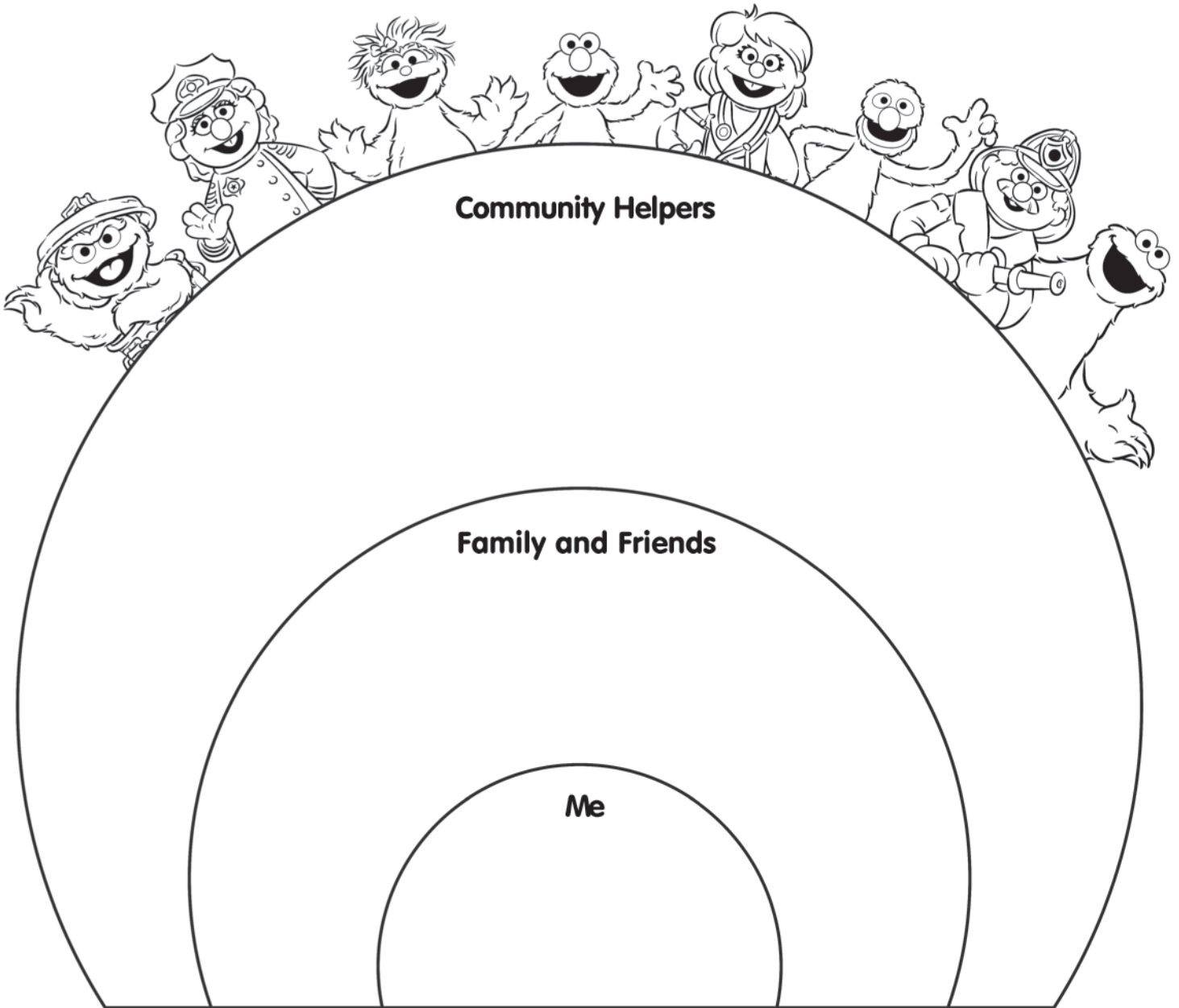
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Name \_\_\_\_\_

# Our Circle of Care

There are so many people who care about you and are working hard to keep your family safe. Start by writing or drawing in a picture of yourself, then your family members and friends, then the helpers in your community. Tape this picture up to remind you of all the people you can reach out to for care and support.



**For more games and activities, visit [pbskidsforparents.org](https://pbskidsforparents.org)**





Name \_\_\_\_\_

# My Shopping List

**Draw pictures of the food you need to buy at the supermarket.**



Name \_\_\_\_\_

# My Shopping List

**Write the list of food you need to buy at the supermarket.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_









# Nurturing Your Child's Independence

By Rebecca Parlakian Jan 19, 2021

There's a saying that the two gifts we give our children are roots and wings — a sense of connectedness to family, culture, and community *and* the confidence to move beyond what they know so they become their own person. I've seen this happen in my own life. The baby that my husband and I once nicknamed the "barnacle" (because of her desire to be held at all times) moved across the country to start college this past fall. As parents, we're so busy with daily routines and responsibilities it can be easy to forget that part of our job is supporting this essential growth — with us and beyond us.

## Growing roots

Growing your child's roots helps to connect them to your family, your culture, your community, and your traditions. To encourage that connection, you can:

**Create connections to family by sharing traditions with your child.** Whether it's "Sunday Sundaes," a weekly family hike, or a special meal, these traditions give children a sense of identity, connection, and culture.

**Share stories from your own childhood and from older generations.** Talk about the challenges experienced by family members, as well as their achievements. These stories help children to develop a sense of history, and grounds them in the values of their family system.

**Build connections with family — whether it's on video chat or in person.** Making opportunities for children to get to know other family members (whether family by relation or by choice) helps to grow their world and lets them know they're loved and supported by a whole community of people.

## **Growing wings**

Growing your child's wings allows them to build their confidence in being independent and responsible. To support that growth, you can:

**Give your preschooler the opportunity to participate in family chores and tasks.** Preschoolers think chores are fun, I promise! (Full disclosure: I once gave my 4-year-old son a child-size carpet sweeper as a gift — and I swear he loved it. Also: Clean carpets. Win, win.) Children between 3 and 5 years old can help to dry plastic and unbreakable dishes or set the table. They can assist with meals, like stirring cinnamon into applesauce, or put their dirty clothes in the basket. Outside, a preschooler can help with watering plants or sweeping a sidewalk. Of course, you may still need to provide help as needed. But when children have a chance to contribute to family tasks, they build confidence, independence, and a sense of responsibility.

**Give children opportunities for independent play.** "Free play" helps your child develop their own ideas and thinking. If this is new to your child, you may start with short bouts of independent play — 10 or 15 minutes, and build from there. Another approach is to offer your preschooler open-ended materials, like a cardboard box, scrap paper, and masking tape, and suggest they create something special during free play time.

**Let your child talk for themselves.** Very often as parents we find ourselves speaking for our child, "Yes, we'd like the rainbow sprinkles!" Instead, give your preschooler a chance to ask their own questions or make their own requests. While this may be quite new, learning to talk with adults outside the family helps children become their own advocates in the world around them.

**Ask your child to problem-solve with you.** If they're upset about having to go to the doctor, talk together about what makes them feel better when they're worried. Holding a teddy bear? Holding your hand? Hearing a favorite story? Learning to think through a challenging situation is a lifetime skill that begins in the early years.

Independence is bittersweet. Just as we find ourselves happy to have a few moments to ourselves, we also sometimes miss the way our babies and toddlers needed us so much. What's great to know is that connection and independence are not two different things in parenting. They are happening at the same time, all the time, as we work to raise a child who is loving and linked to family and who pushes forward to find their place in the larger world.



SESAME STREET

# Work Together by Playing a Helping Game

Teach your child that helping can be fun.



## Materials

- Basket
- Blocks

## Directions

- 1** Scatter blocks around your child's room.  
Ask him to put all of the items in the basket as quickly as he can and time him to see how long it takes.
- 2** Scatter the blocks around the room again.
- 3** Offer to help your child collect the blocks and time how long the activity takes when you do it together. Did it take longer with or without your help? How did it feel to have some help?
- 4** Find a third person and do the activity again. Could you finish it even faster this time?
- 5** Talk to your child about the benefits of helping others. Ask him if he remembers a time when he helped someone. Who did he help and how did it make him feel? Together, think of a way that he can help a member of the family or a friend. Now that your child understands how great it can be to have someone help him, find ways that he can help others. He could help his neighbor plant a garden, help someone feel better by making them a card, or help a friend clean up his toys. After he has helped someone, ask him to tell you about it and draw a picture about the experience.