

# LITTLE children BIG challenges

## Tips for Parents and Caregivers

Everyday challenges are part of life and happen all the time. Providing your love and support is the most important step in helping your little one develop the confidence to overcome anything he faces.

Sesame Street's *Little Children, Big Challenges* initiative provides tips and strategies to help you and your child (ages 2 to 5) navigate challenges and build lifelong skills for resilience.

### Calming Down

When your child is feeling frustrated or uneasy, breathing and coming up with a plan can help him to feel better. Here's how:

**Breathe:** Encourage your child to put his hands on his belly and slowly take three deep breaths.

**Think:** Help your child come up with plans to solve his problem.

**Do:** Together, choose a plan and try it out.

### Helping Your Child Cope with Big Feelings

Encourage your child to share her feelings, and comfort her with your words and actions.

- Help your child to name her feelings. Ask questions to help her open up. You might notice her frowning and say, "I see that you're frowning. Did something happen today that made you feel sad?"
- Build your child's sense of security by letting her know you're thinking about her. You might leave a note in her lunchbox or give her two kisses and a hug at bedtime each night.

### Practicing Patience

As your child learns fun ways to pass the time and be patient, it will get easier for him to wait. Try these ideas:

- Give your child a special challenge, such as spying things that are blue, counting people in line, or making up a story about something he sees.
- Do a dance or sing a song with your child to pass the time.



## Helping Your Child to Overcome Mistakes

Making mistakes will be less upsetting as your child learns to control her emotions.

- Remind your child that the way to get better at something is to practice doing it. Remind her of other things she's gotten good at because she practiced.
- Be a role model for your child, and let her know that everyone makes mistakes! When you confront your own mistakes, try to be positive and think about a plan to try again. Let her hear you say aloud, "First I'll do this, and then I'll do..."

**Some children and families** must cope with more difficult challenges. On [SesameStreet.org/Challenges](https://www.SesameStreet.org/Challenges) you'll find guidance and strategies to help your child with situations such as

- mean or aggressive behavior,
- bullying,
- sibling rivalry, and
- relocation.

**For more tips and strategies to help your child build lifelong resilience skills:**

- 📖 Explore [SesameStreet.org/Challenges](https://www.SesameStreet.org/Challenges)
- 📘 Connect with [Facebook.com/SesameStreetInCommunities](https://www.Facebook.com/SesameStreetInCommunities)
- 📱 Download the **FREE** *Breathe, Think, Do with Sesame* app
- 📺 Watch the playlist at [Youtube.com/SesameInCommunities](https://www.Youtube.com/SesameInCommunities)