

# Storytime to Playtime

## Your First Read + Play Guide



**For the Babies** — Little wins build big skills for babies. Build their confidence, a positive sense of self, and their gross motor skills by playing, "I Can!" For this game, you'll mirror skills they're working on like crawling, walking, dancing, or jumping. Say things like, "I can... reach up soooooo high!" Then when your child copies you, clap and celebrate together!



**For the Littles** — Build resilience and confidence in your child with an "I Can!" jar. Use any jar you have around the house. Write "I Can!" on a piece of paper and attach it to the jar. Decorate the jar with stickers, gems, or ribbons! Ask your child to write down what they can do, anything they are proud of no matter how big or small. Now, your child can revisit the jar whenever they're struggling and need to remind themselves how amazing they really are!



**For the Bigs** — Visualize and celebrate your child's wins by creating an Accomplishment Jar. Decorate any jar you have laying around with stickers, ribbons, or glued-on gems. As they accomplish things or reach milestones, prompt your child to write their win on a piece of paper and put it in the jar. Talk about things they're struggling with as works in progress, things they haven't achieved **yet**. This builds a growth mindset! At the end of the month, season, or year, empty the jar and read them out together!



THIS MONTH IS ALL ABOUT

### Starting New

Sometimes starting something new is exciting, and sometimes it's a little bit scary, but building confidence, resilience, and a positive sense of self can help!



### Ask Your Child

How do I know I can do hard things?



GO BACK TO THIS MONTH'S

### Read + Play Guide

For all your printables, bonus read alouds, playlists, and more.

