An early learning collaboration by:

Positive affirmations can build confidence and a strong sense of self-worth and identity. Repeating them is a powerful way to keep big ideas in our heads and hearts when we need them most.

I Am Somebody

Use this simple exercise to as a way to support and build your child’s confidence:

- **Gather** a blank sheet of paper and writing utensils.
- **Start** by folding the paper into thirds. Turn the paper, and fold it into thirds again so that you get 9 squares.
- **Help** your child come up with 9 positive statements about themselves. So, “I am strong.” “Lots of people love me!” “I’m proud of who I am.” are examples you can use.
- **Help** your little one cut apart these cards and keep them in an envelope.
- **Children** can pick one at random as a morning or bedtime ritual (or keep them in your bag or glove compartment to use anytime).
- **Read** the card aloud, ask your child to repeat it, say it together, and try chanting it or singing it, too!
- **Together,** think of more, and write them on blank squares.
- **Make** as many as you like. You can also leave them as notes for your child to find.

Family Reading Tip: Learning Letters

Celebrate one letter each day. Practice writing the letter and saying the sound, and point it out when you see it, in the course of your day. Prompt kids to tell you the first sound of a word. Routine activities are perfect for this: “Have to go potty? What sound does potty start with? …Puh!” Letter recognition—understanding what letters look and sound like—is a foundational skill for reading. Letter recognition can happen any place and any time so even on the busiest days, we can help kids develop a love of reading by helping them learn to recognize sounds and letters!