



## THE FAMILY CONNECTION

### UNIT 2 – I CAN

Dear Family Member,

Your child is participating in Healthy Alternatives for Little Ones (HALO), a health education and prevention program. Recent activities focused on:

#### **Increasing self-esteem Building confidence**

*Things you can do at home:*

- Praise your child's efforts. Say things like, "You can run fast," or "You did well solving that puzzle."
- Take pride in your own work. Your child learns how to act and feel by watching you.
- Teach them mistakes are a normal part of life. Nobody learns to run without falling down many times!
- Celebrate your child's hard work, like tying shoes or dressing themselves.
- Don't compare your child to others.
- Allow your child to help at home.

