

TAKE ON CHALLENGES

DID YOU KNOW?



Did you know that taking on new challenges helps your child build their confidence, even if they fail?

Children are curious and interested in trying new things. They learn and grow by doing things themselves.

Make a plan with your child to take on new challenges and try new activities.

Children learn and explore every day. Your children learn by watching you and by doing things themselves.

Let your children safely explore by themselves, but make sure you are close by so they feel safe and secure.

Pay attention to how your child is feeling and follow their lead. Explore things with them they might be interested in or give them some ideas on new activities to do.

MAKE A LIST OF NEW ACTIVITIES TO TRY THAT ARE APPROPRIATE FOR YOUR CHILD'S AGE.

Here are examples of things your child can try:

- Ride a bicycle
- Go for a hike
- Meet new friends
- Play a new sport
- Try a new play structure at a park
- Meet new animals
- Build a toy
- Play a new game
- Read a new book
- Eat a new dish



Your child will not succeed at every new challenge, and they may not like every new thing they try. They will also learn that trying new things can be fun, but also frustrating.

- REMIND YOUR CHILD THEY WILL BE BETTER AT AN ACTIVITY IF THEY TRY IT MORE THAN ONCE.
- SHARE THAT YOU TRY NEW CHALLENGES, TOO.
- BE THERE FOR SUPPORT AND COMFORT WHEN YOUR CHILD NEEDS YOU.



If your child has a hard time with something new, you can **teach them that they can learn from their mistakes.** Say "I learned from that!" when you make a mistake or teach them to say it instead of getting mad.



WHEN YOU ENCOURAGE YOUR CHILD TO TRY NEW THINGS, YOU HELP THEIR BRAIN GROW, BUILD THEIR CONFIDENCE, AND MAKE THEM WANT TO KEEP LEARNING MORE!

MORE IMPORTANTLY, ENCOURAGE THEM TO HAVE FUN WHILE THEY ARE TRYING NEW THINGS.

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