

As children grow, they continually develop their sense of self. Developing self-awareness helps kids understand their own needs, identify the skills they need to be successful in life.

When we are self aware we are able to:

- Recognize and understand our emotions
- Identify our triggers or what makes us feel a certain way.
- Empathize with others while understanding our own behavior has an impact on others.
- Identify our own strengths and weaknesses.

Children begin to think about themselves and develop a self-concept when they are 3 to 5 years old. Helping your child develop these self awareness skills will change as your child learns and grows.

- Respond to your babies' signals while showering with love and affection, giving lots of smiles, hugs and kisses.
- Be a safe place or "home base" for your baby. Offer encouragement he/she needs to explore while being there to offer love and support when they return.
- Delight in your baby's discoveries. "You found me! You pulled away the blanket and found me!"
- Provide hands-on support to help your child complete a task, like rolling over, pulling to stand or stacking a block.
- Allow your child many opportunities to practice a skill.
- Help your baby explore interests by taking their lead. While outside, stop where they stop allowing them to explore.
- Model persistence and confidence in yourself. Talk about your feelings as you continue to try something frustrating or difficult.
- Allow your child choices and to "do it by myself" often.
- Let your child be a helper. Allow them to take on tasks that are developmentally appropriate. Helping makes children gain confidence and feel good about themselves.

Check out our favorite books about Spring!

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Mirror me! Look in the mirror and draw a self portrait.	2 Practice using writing tools. Older children 3-4 can practice tracing their name	3 Coffee Talk OKC	4 Play shape scavenger hunt.	5 Remember to say "please" and "thank you" today.	6 Visit the zoo or read a book about animals.
	7 Do a puzzle or cut up an old greeting card in puzzlelike shapes. Ask your child to fit the pieces back together.	8 Practice the ABC song	9 Count from 1 to 10 or as high as your child can count.	10 Library Day! Visit your local library	11 After listening to a story, have your child tell you what happened first, next, and last.	12 Coffee Talk Enid
14 Count while you hop and jump	15 Have your child find things that are their favorite color.	16 Have your child retell a story or event in order (first, middle, last).	17 Draw a picture of your family and have your child say the first and last names of each member.	18 Read books including concepts of number and counting, sizes big and small or objects showing more or less	19 Take a selfie or look at pictures with your child of themselves.	20 Make a countdown to summer!
21 Count how many red clothes you have.	22 Make a tent inside. Read books in it.	23 Draw shapes outside using sidewalk chalk.	24 Look for things that begin with "P." Point out the letter "P" in print.	25 Draw a picture. Talk about it. Write what your child says.	26 Help your child say or write their name. For infants, point to them and say their name.	27 Cook something together today. Talk about kitchen safety.
28 Read and let your child turn the book pages. If they're able, let them tell you about the pictures. Ask them where the words are.	29 Build on something your child already loves. Do they love dogs? Read a book about dogs, talk and sing a song about them.	30 Playdough fun! With infants you'll want edible playdough or put it in a sealed ziplock bag.			FIND YOUR LOCAL LIBRARY! OKC AREA TULSA AREA	
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