

Dear Families/Caregivers,

Self-knowledge influences self- management, social awareness, relationship skills, and responsible decision-making.

We have been discussing that our likes and dislikes make us unique. Recognizing our own likes and dislikes and accepting the likes and dislikes of others is an important part of our development. While it is important to accept our likes and dislikes, it is also important to explore and develop new likes and dislikes.

Here are some activities to help your child explore his or her likes and dislikes and develop some new ones.

- At mealtime, present your child with a new food to try. Encourage him or her to try one bit before deciding whether he or she likes or dislikes the food.
- Encourage your child's interests by providing opportunities for further development. For example, if your child enjoys art, keep a box of art supplies readily available or if your child likes sports, sign him or her up on a community team.
- Just as important as supporting your child's interests, is to provide opportunities to explore new interests. This can be done through reading books and exploring places and events in your area.

Trying new things can help your child's brain to grow. And who knows, maybe something he or she didn't like may become one of his or her favorites.

Sincerely,

Your Child's Teacher