

A photograph of a woman with short brown hair, smiling warmly as she offers a spoonful of food to a young child with blonde hair. The child is sitting at a table, looking at the spoon with a curious expression, his hand near his mouth. The woman is holding a green spoon with a small amount of food on it. In front of the child is a colorful bowl filled with food. The background is a kitchen with light-colored cabinets.

Just Try It

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Why We Want Children to Try New Things

Builds child's

- confidence
- knowledge
- capability
- autonomy
- problem solving
- self esteem



Why A Child May be Hesitant to Try New Things

Unfamiliar

- What is it?

Fear of failure

- What if I can't do it?

Ridicule/Shame

- What if someone teases?

Unsupported

- What if I need help?

Do a Self Check

- How do you react to and talk about new experiences?
- How do you respond when your child is trying something new?





Ways that Children Express Apprehension

- “I don’t want to.”
- “I’m scared.”
- “It’s too hard.”
- “I don’t like it.”

How to Encourage Child

1

Be specific about what you'd like child to try

2

Acknowledge your child's fears/hesitations

3

Offer safeguards and reassurances

4

Remind your child of past successes

5

Allow your child to take small steps towards goal

6

Give lots of opportunities for practice

Serve as an Example

1

Talk about things
that were
challenging
for you

2

Demonstrate
or model what
you'd like
child to do

3

Offer to engage
in desired
activity
with child



What Not to Do

- Force child
- Compare child to another
- Ridicule or shame child
- Bribe child
- Discipline/punish child

Ways to Think and Talk to Your Child About Failed Attempts

Practicing

Almost there

A good try

A learning experience

It's okay

Give Genuine Praise – Regardless of Outcome

Remember How
Important Your Words
are to your Child

Always acknowledge
the effort

Your child does not
need to be perfect

Trying is sometimes enough





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