Just Try It

Beverly Weathington, LMSW Merrill Palmer Skillman Insittute, WSU Community Engagement Coordinator mpsi.wayne.edu 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



mpsi.wayne.edu

mpsi.wayne.edu

Serve as an Example



Talk about things that were challenging for you Demonstrate or model what you'd like child to do

2

Offer to engage in desired activity with child

3



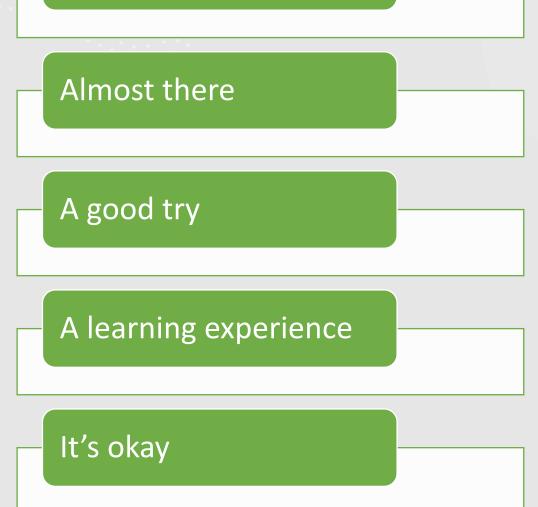
What Not to Do

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

mpsi.wayne.edu



Ways to Think and Talk to Your Child About Failed Attempts



Practicing

mpsi.wayne.edu

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



Just Try It



Beverly Weathington, LMSW Merrill Palmer Skillman Insittute, WSU Community Engagement Coordinator mpsi.wayne.edu