



Brain Builders

Small moments spent with a caring grown-up can help children build positive connections in their brain that can help them in school and in life. You are so important to the wellbeing and development of children in your care.

Review the videos below to see strategies for creating quality interactions with kids.

Meet Maggie Cadabby / Conozcan a Maggie Cadabby

<https://sesamestreetincommunities.org/topics/family-bonding/?activity=meet-maggie-cadabby-bonding>

<https://sesamestreetincommunities.org/topics/union-familiar/?activity=conozcan-a-maggie-cadabby-2>

- Offer comfort.
- Practice calm-down techniques.
- Let children lead.
- Use humor and be silly.
- Ofrecer consuelo.
- Practicar técnicas para calmarse.
- Dejar que los niños nos guíen.
- Usar un sentido de humor y ser chistosos cuando estamos juntos.

Time for A Nap

<https://sesamestreetincommunities.org/topics/milestones/?activity=time-for-a-nap>

- Move and play together.
- Offer choices.
- Prepare kids for transition.
- Prioritize consistency.
- ¡Movernos y jugar!
- Ofrecer opciones.
- Preparar a los niños para las transiciones.
- Darle importancia a las rutinas.

Caring for Kids / El cuidado de niños

<https://sesamestreetincommunities.org/topics/caring-for-kids/>

<https://sesamestreetincommunities.org/topics/el-cuido-de-ninos/>

- Communicate with respect.
- Share information with clarity.
- Be enthusiastic and grateful.
- Comunicarse con respeto mutuo.
- Compartir información con claridad.
- Ser entusiastas y agradecidos.