

Dear Parents,

This week in the *Bouncy the People Trainer* program, your child is learning that even if they can't do something right now, they can learn to do it. Nothing is impossible to learn; but learning takes caring about something, believing in oneself, trying and keeping on trying even when things are hard.

Please share with your children something that you do well now, but did not come easily the first time you tried it. Remind them – and remind yourself – that lots of things are hard at first, but get easier with the right attitude and enough practice.

If you have access to an iPad at home, or through a friend or relative, sit with your child and ask them to show you the first level activities in the app. You can download it for free at the App Store. Ask them to tell you what they liked best about the program and to show you their artwork. Keep the beat and sing along as they learn the song, "I can." If they do all the activities in level one, they will earn their first dog skateboarding badge. Congratulate them on it and encourage them to think of things that they do well now, that they couldn't do when they were 3 years old.

Sincerely,

P.S. To find out how to get the Bouncy app for free at home, go to the Bouncy website at bouncykids.net/parents.