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What We Can Continue to Learn from Fred Rogers



Turning to Fred for Comfort and Hope



In these challenging times, there's a Fred quote that's been helping me, and I wanted to pass it along to you -- "*When the strong winds blow, we may bend but we won't break.*" It seems we're all trying to find things that help us bend and not break.

People these days are also turning to Fred's quote -- "*Look for the helpers.*" In that message Fred gave us such a heartwarming and hopeful reminder that there are so many people helping to care for us all.

I've also been thinking about some other ways Fred's work can help us now. Over the years many people have told us it's been comforting for them to watch treasured videos from the *Neighborhood*. So I decided to use this newsletter to give you easy access to some warm, nurturing, and reassuring *Neighborhood* moments. Feel free to pass this along to the families you serve or to anyone else.

Here's one of my favorite moments...

A Mister Rogers Moment



There are dozens more videos on our [Neighborhood legacy website](#) along with dozens more that can help you feel Mister Rogers' calming presence. There's even a [week of full-length episodes](#).

Whether you're looking for a calming moment or a delightful distraction, here are links to places on the website that you may want to turn to these days:

1. For listening to Fred's reassuring [songs](#)
2. For watching some of the favorite [factory videos](#) showing how people make crayons, balls, towels, wagons, macaroni, sneakers. You may want to share this link with families.
3. For getting to know [special guests](#) like Eric Carle, the lively percussion group of STOMP!, world-famous musicians like Wynton Marsalis and Yo-Yo

Ma, Tony Bennett, Julia Child, and the young boy in the wheelchair, Jeff Erlanger

4. For reminders of Fred's thoughtful way of helping us talk about **feelings** and find ways to deal with them
5. For reflecting on memorable moments in the Neighborhood of Make-Believe stories with the **puppets** and **Neighbors**, as they worked their way through everyday feelings and concerns -- not just for children and not just "make-believe"

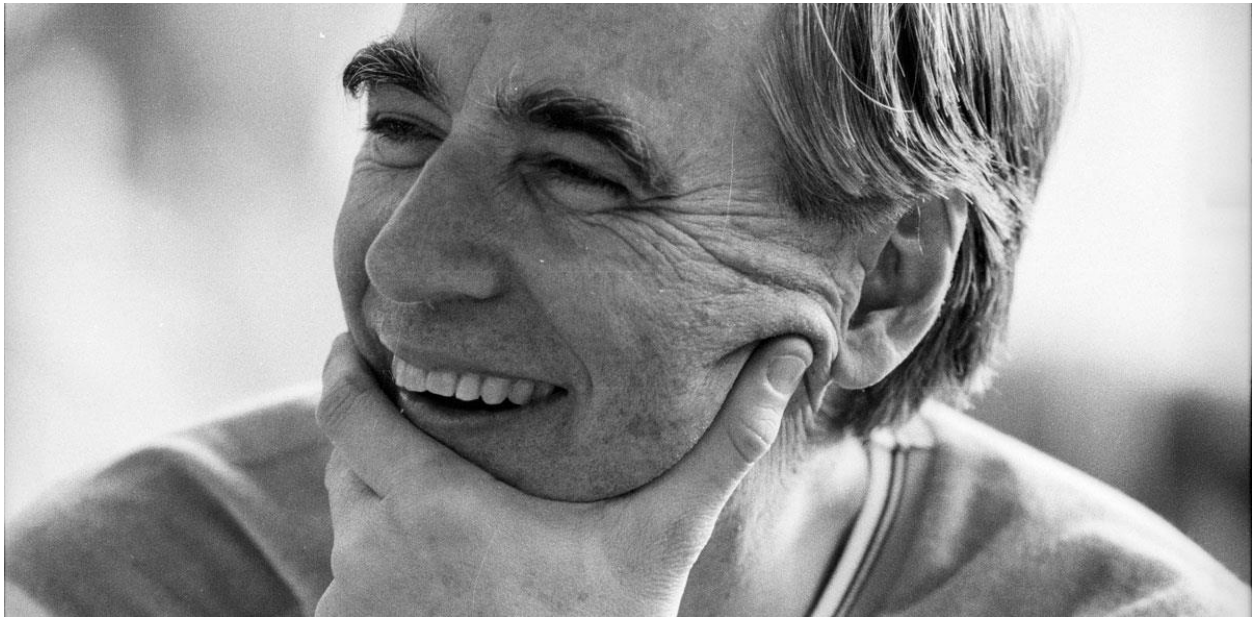
In everything Fred was offering us, he was reminding us that we are all neighbors. Certainly we are all neighbors in this together. And I hope that during these challenging times, you know how important you have been – and still are -- to so many people.

Thank you for being our "neighbor,"



Hedda Sharapan
M.S. Child Development
PNC Grow Up Great Senior Fellow

Timeless Wisdom from Fred Rogers



There are many times that I wish I had heard that “just who you are at this moment, with the way that you’re feeling, is fine. You don’t have to be anything more than who you are right now.”

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Fred Rogers Center for Early Learning & Children's Media
Saint Vincent College
300 Fraser Purchase Road
Latrobe, Pennsylvania 15650-2690