



FROM THE EXECUTIVE DIRECTOR

Greetings!

We have had some challenging times these past few months and many requests from families and teachers about how best to support children during these periods of upset. Fred Rogers was always quick to respond in times of crisis with messages for children and families. He often said that children need to know that talking about their feelings, their questions, their worries could help them manage the strong feelings associated with those situations. Talking with a caring listener, drawing or painting pictures, singing songs or creating stories can all help children

communicate their feelings and help them learn to manage them. When feelings are mentionable, they become more manageable, for all of us.

We hope that as a trusted adult to children you are comfortable listening and talking with children about the concerns, feelings, and questions they may have. When the world seems unpredictable to children, it can help them know that even though adults sometimes feel the same way, adults are there to keep them safe and listen to their concerns. When children have a chance to put their feelings into words, they can understand those feelings better and can find ways to express frustration and anger without hurting others.

We have had requests for suggestions about how families and educators can promote attitudes of understanding and cooperation in our homes, classrooms, and neighborhoods and have offered ideas here on our website. Fred Rogers often quoted the old Quaker adage that says “Attitudes are caught, not taught.” It’s the adults---teachers, parents, grandparents, older siblings and others who help set attitudes about diversity and respect for others. Children learn from our examples about ways we expect them to treat others.

Fred once said that children don’t have to like everyone, but they do have to be courteous and kind to each person they meet. We know that as children learn more about one another, recognizing and celebrating their differences, they are more likely to develop attitudes of respect and acceptance of others. They are also more likely to feel a sense of community within a culture of diversity where friendship and collaboration can grow.

Warm Regards,

A handwritten signature in black ink that reads "Roberta L. Schomburg". The signature is written in a cursive, flowing style.

Roberta L. Schomburg, Ph.D.

“Anyone who does anything to help a child in this life is a hero to me.” –Fred Rogers

IN THE ARCHIVE

Catching Neighborliness

FRED ROGERS

*Family Communications, Inc.
Pittsburgh, Pennsylvania*

The difficulties of the past few months inspired me to search the Archive using the theme of disappointment. I found a great resource in an article he wrote for *Word & World* in 1995. Fred wrote that all of us experience disappointment in one way or another. Disappointments can be big or small, and how we handle them as adults depend on how we handled them as children. Hopefully there were caring people in our lives who showed us that fulfillment and growth come from dealing with disappointment. We can help the children in our lives by acknowledging their feelings and assuring them that, just as there are periods of sorrow in their lives, there will be times of happiness and joy.

FROM THE CENTER
PBS KIDS



During times of challenge and uncertainty, Fred Rogers did what he could to support the trusted adults in the lives of children. At the Fred Rogers Center, we intend to continue this legacy by serving “helpers” as they support the learning and growing of children. Recently, PBS Kids for Parents hosted an event aimed at supporting families to talk with young children about race, racism, and racial justice. The Fred Rogers Center’s Director of Simple Interactions and Faculty Director of Academic Programs, Dr. Dana Winters joined other child development and trauma experts to address important questions like: How can parents of Black children continue to instill confidence and pride in young kids while also explaining the racial injustices that continue today? How can parents of non-Black children help young kids understand their role in anti-Black racism? You can access a recording of the event here: [Click here to watch.](#)

In addition, you can find more resources about talking with young children about race and racism by [clicking here.](#)

WORDS OF WISDOM

"Some days, doing 'the best we can' may still fall short of what we would like to be able to do, but life isn't perfect - on any front - and doing what we can with what we have is the most we should expect of ourselves or anyone else." - Fred Rogers

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