

Skill-Building Book Tips

7 Essential Life Skills

Explore *Llama, Llama Red Pajama* in a way that highlights Taking on Challenges, a Life Skill that promotes Executive Functions. Life is full of stresses and challenges. Children who are willing to **take on challenges** (instead of avoiding them or simply coping with them) do better in school and in life.

Tip

Children can learn from the characters in this book. For example, talk with your child about all the things that Baby Llama does to try to wait for his Llama Mama. Point out that Baby Llama has a comfort toy, a little llama.

Skill

Taking on Challenges involves **finding ways to deal with challenging times or problem solving**, which calls on **Executive Function** skills.

Tip

Baby Llama goes from being lonely and fretting, to being sad and angry to finally, being scared.

Talk to your child about times when he or she experienced any of these feeling. You can ask your older child:

- “What do you do when you are scared or doing something difficult?”

Skill

Taking on Challenges elicits many **different emotions and provides opportunities to learn how to master them**. When you talk with your child about this book, your back-and forth conversation is what researchers call “**Take-Turns Talk**.” Like a game of ball, one of you says or does something and the other responds. The importance of these everyday interactions to brain-building is a key finding from child development research.

Tip

At the end of the book, Mama gives Baby Llama a message: “Mama Llama’s always near, even if she’s not right here.” This is a message you can use with your child at naptime, at bedtime or other times when you are apart.

Skill

Knowing that others are there for you is very important in learning the skill of Taking on Challenges. When your child tries something hard, point this out to him, reminding him about the book: “You were scared just like Baby Llama, but you managed it!”

Llama Llama Red Pajama By Anna Dewdney

Anna Dewdney’s adorable llama toddler and mother face bedtime worries and separation anxiety in this well-loved picture book. Told in rhyme, this story offers the reassurance that a loved one is “always near ... even when she’s not right here.”



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