

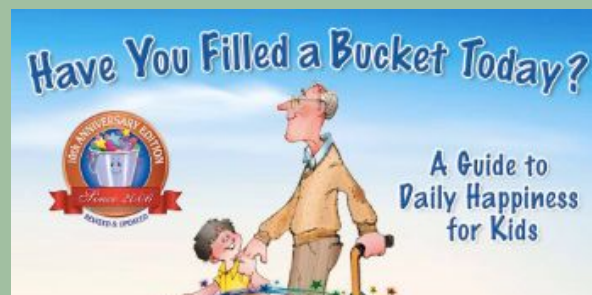
From: **Roots and Branches Education** liz@rootsandbranchesdc.com  
Subject: Growing Your Roots and Branches | February 2025  
Date: February 20, 2025 at 1:00 PM  
To: liz@rootsandbranchesdc.com



## Growing Your Roots and Branches

### RESOURCE TO SHARE

One of my all-time favorite books is [Have You Filled a Bucket Today?](#) by Carol McCloud. Imagine that each person has an imaginary bucket floating above their head. Every time someone is kind, something goes their way, or they feel



pride and confidence, more drops go into their bucket. When they feel embarrassed, someone yells at them, or they get hurt, drops come out of their bucket. It's beautiful language to use to help children understand that what they do and how they treat others really matters.



## PARENTING INSIGHT

"If you can't do it, I'll help you."

This is something your child has heard from adults many, many times before -- with fastening a button, pouring water into a cup or reaching something up high. Today, I want to present a different situation where this response is incredibly useful: when your child hits, acts defiantly, or refuses to comply with what you're asking.

The other day, my daughter was saying goodbye to her best friend after school. (She's 3 for context!) It was time to say goodbye and her friend went in for a hug.

She hit him right in the face.

***"Why would you do that??"***

***"We don't hit."***

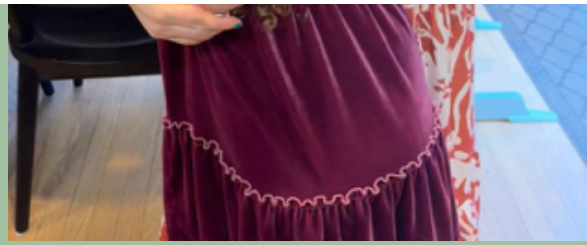
***"Say you're sorry."***

Those are logical and common responses. But here's the thing: she knows not to hit. She doesn't know why she did it and couldn't control her impulses. She is feeling embarrassed that she hurt someone she loves.

In those moments I would handle it by saying, "You're really upset we have to say goodbye that you hit" [mirroring, putting words to her experience] and



calmly noting, "I'll help you" [providing support]. Because when we are there for our children in their most unpleasant and unkind moments and when they don't know how to manage a situation themselves, they are learning that someone is always there for them to swoop in and support them.



### TEACHING INSIGHT



When I'm trying to help a student recall information that involves some kind of rote memorization, I have a laminated hand that goes up on the wall somewhere you walk by every day. On it is written the thing to memorize -- it can be the quadratic equation, the number 15, or a scribble of the color blue. Every time you pass it, you high five it and say aloud the thing you are trying to internalize. It's fun, it disrupts the rhythm of activities just enough to keep stability and to keep kids on their toes, and most importantly, it works!

[more rote memorization here](#)

## ROOTS & BRANCHES YOUTUBE RESOURCES

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Lower case letters b and d are incredibly easy to confuse because letters can only have one orientation. If you think about any other item -- let's say a cell phone -- no matter which direction it is in or how you hold it, it's still a phone. Letters can only have one direction. **.gninaem dloh regnol on yeht ,meht esrever uoy fi os.** Got that? I meant, "so if you flip them, they no longer hold meaning." This video has my favorite tricks for identifying if a letter is a b or d.

**never confuse D and B again!**

In gratitude,

Liz

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