Dear Parent/Guardian:

Today in your child's classroom, I read the book *Gustavo the Shy Ghost* by Flavia Z. Drago. This book is about loneliness, bravery, and friendship. Gustavo is good at doing ghostly things, but he is shy and some things are hard for him to do. He wants to make friends with the other monsters, but whenever he gets close to them, he realizes that they can't see him. Gustavo loves to play the violin and decides to invite all the other monsters to a concert on the Day of the Dead.

This book is written to help children recognize and understand their own emotions and develop strategies to manage them. It also explores how to learn to communicate feelings and needs effectively which is an important social skill for building friendships.

Try these asset building ideas to build your child's positive identity and help build relationships:

- Encourage self-expression: Encourage your child to express their thoughts and feelings. Teach them to name their feelings with a simple I feel _____ statement.
- Use a puppet: Use a puppet or stuffed animal to role play communication of feelings and how to speak kindly to a friend.
- Reinforce positive behavior: Notice when your child says or does something positive. Name what your child has done out loud. For example, "Marisol, high-five to you for asking Damion to play in the sandbox."

Creating a safe and supportive environment where your child feels valued and loved can help them develop a strong sense of self-worth and identity. This will allow for your child to relate better to his/her peers, be better behaved in the classroom, and able to interact better with other adults.

If you would like more information about the Project Cornerstone Preschool/TK program, please contact me or visit the Project Cornerstone website at www.projectcornerstone.org. If you have a few hours a month to volunteer at school, let me know. I would be glad to tell you how you can get involved with this great program!

Sincerely,

_____
PK/TK Volunteer

_____
Telephone/Email