



A Special Issue On Self-Esteem

Watch for the new week of programs about **EVERYBODY'S SPECIAL** and the many ways this message is emphasized on every Neighborhood program.

Exercising with identical twins, looking in a mirror, and making raisin-nut sandwiches that are each different — those are some of the concrete ways Fred Rogers helps children feel good about themselves and their uniqueness in his new week of Neighborhood programs about **EVERYBODY'S SPECIAL** (programs #1686-1690), premiering the week of August 28th.

Fred Rogers' lifelong studies in child development have helped him appreciate the basic need of children to feel good about who they are. "You are special" has become one of his trademark sayings. As pediatrician T. Berry Brazelton says about the Neighborhood, "Young children can't get enough of 'I like you just the way you are.'"

On every Neighborhood program, that is a double message: reassurance that there are hopes and feelings we all share, coupled with the delight in knowing that each human being is unique. When children can appreciate how they are like others and how they are unique, they are more likely to feel good about themselves — and they're more likely to accept differences in others.

As we were going to print, we received the sad news that our good friend Don ("Chef") Brockett died of a heart attack. His visits on Mister Rogers' Neighborhood are woven into the fabric of our series (including our newest week about EVERYBODY'S SPECIAL in which he, Maggie Stewart, and Mister Rogers make raisin-nut sandwiches). We are grateful that through television, we can continue to offer our viewers Chef Brockett's love of food, his openness in sharing his feelings about his disability, and his warm friendship with Fred Rogers.



Around The Neighborhood

Summer/1995

A Newsletter for People Who Care For Young Children

In the Neighborhood of Make-Believe stories, each puppet character is valued, from the shy Daniel to the mischievous Lady Elaine. Through the rich variety of personalities in Make-Believe, children can know that each person has a valuable place in this world, with all of his or her feelings, weaknesses, and strengths.

Neighborhood Songs

Fred Rogers writes all of the Neighborhood melodies and lyrics, and his songs reinforce his messages about self-esteem:

- "Everybody's Fancy...Your body's fancy and so is mine!";
- "Good People Sometimes Do Bad Things... Once in a while we do";
- "It's You I Like...Even when you're feeling blue."

When child-care providers use these songs after the program is over, the positive messages can have even more benefit because children hear them from people whose love and approval are important to them.

Silence

Most people don't think of offering silence as an essential part of communicating self-esteem, but it can be. Fred Rogers purposefully leaves a lot of silence on his program, letting children know he respects the thoughts and ideas they bring to the visit.

Listen for all the questions Mister Rogers asks, like "Did you ever feel like that?" and "What do you think will happen?"...and listen for all the time he leaves for children to think and to answer.

Pride in Growing

Young children naturally feel "small," and growing seems to take too long. To help children appreciate how much they're growing, Mister Rogers often reminds them that growing happens little by little. He talks about things they can do now that they couldn't do when they were younger, like tying shoes and using scissors.

While physical growing is exciting, it's *inside* growing that's given special attention in the Neighborhood programs: learning to wait and to keep on trying, being able to talk about feelings and to express those feelings in constructive ways. These signs of growing need at least as much notice and applause as the outward kind, and children need to feel proud of them — even more proud than the marks moving up on the growing chart.

The Closing Message

Mister Rogers usually ends each program saying, "You've made this a special day by just your being you. There's only one person in the whole world like you, and people can like you exactly as you are." That's a message we can't get enough of, no matter how old we are.

For a free copy of "When Your Child Goes to School," send a business-sized, self-addressed, stamped envelope to Department CC, Family Communications, Inc., 4802 Fifth Avenue, Pittsburgh, PA 15213.

A Letter From Mister Rogers

Dear Parents and Providers,

It's hard to know why some children seem naturally inclined to keep on trying to do something until they succeed and why others seem so ready to give up. It's possible that some are born more one way than the other, but even if that's true, heredity can't be the only answer. It seems to me that feeling frustrated and discouraged is something that none of us can avoid, and that our different ways of coping with those feelings are among the many things we learn.

If, as young children, we are faced with tasks that are far beyond our capabilities, we may come to feel that trying is useless because our trying never works.

On the other hand, if we are encouraged to do small tasks that we can accomplish with a little effort, we may, very early in our lives, experience the pleasure that comes with success. We may then grow up knowing that trying always comes first, but that it's always worthwhile because trying is a path that can take us where we want to go.

The capacity to try new things depends a lot on how our earliest caregivers reacted to our natural curiosity. When our curiosity led us into places where we had no business going — like into dangerous situations or into other people's private possessions or private places — did we feel it was our curiosity that was being punished, or just that there were limits on the direction it was taking?

It's very different to be told, "Don't be so nosy!" rather than, "I understand you're interested in your daddy's tools, but they're his. If you want to use them, you'll have to ask him." And, when Daddy says yes or no, it will help for him to remember how he felt about his own father and his own father's tools — and tell his child about it.

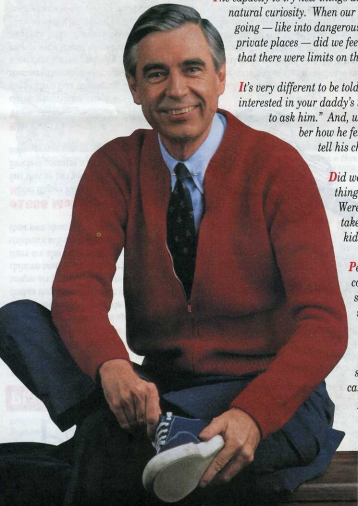
Did we feel that those close to us put value on learning new things? Did we feel appreciated for our earliest achievements? Were those accomplishments celebrated? Or were they just taken for granted and dismissed as the kinds of things all kids learn sooner or later?

Perhaps, above all, I think that the willingness and the courage to keep on trying may develop best if there is someone we love close by who can lend us some of the strength we do not yet have within ourselves. I don't mean someone who will do a task for us when we can't do it for ourselves, but rather someone who will share our times of trying just by being around and being supportive...someone who can sustain a belief that we can succeed even when we doubt it ourselves. We all need people like that — whether we're grownups or children.

Sincerely,



Fred Rogers, host of **MISTER ROGERS' NEIGHBORHOOD**, is now in his 28th season on PBS.



A Page For Parents

When parents say, "You're a terrific kid!" or "I love you," they're helping their children feel good about themselves. Here are some other ways that parents help their children know deep inside that they have value and worth:

Help your child feel proud of what he or she can do.

Help your child find "jobs" to do around the house. Even small jobs, like putting spoons or napkins around the table or sorting socks in the laundry, can help a child feel important and needed.

Praise your child for trying. It can be frustrating when children are learning something new, like tying shoes or writing their names. You could help them know you understand learning something new is hard, but that you think it's wonderful that they're trying.

Break down jobs into small pieces. For example, when you need to clean up a room with toys everywhere, ask your child to help you find all of the blocks and put them in a bucket. Then look for all the cars or all the animals. A job doesn't seem so hard when people focus on one piece of it at a time.

Remember that discipline works best when it's balanced with warm, loving times.

Say loving things to your child through the day. Then your child might be more willing to listen when you need to talk about what not to do. You could say things like, "You're really helpful today!" or "Even though you didn't find it, I'm glad you wanted to help me look for it" or "You worked hard on that picture you drew!"

Children need clear and firm limits about what they CAN do and what they can NOT do. They can't learn that by themselves. Children need to have parents set limits in caring, non-angry ways. Sometimes, too, because they're just learning about controls, children can't stop themselves when they're doing something wrong — and need a parent to help by picking them up or putting a hand on their shoulder or by taking them out of the situation.

Feel good about yourself and all the strengths you bring to your parenting.

Remember that parenting is hard work. No one does it perfectly. Every person is special and unique. Each one of us has weaknesses and strengths.

We all make mistakes. When we are willing to accept and admit our mistakes, we're helping children learn to accept their mistakes and weaknesses, too. It makes us more powerful (not less powerful) when we can say, "I lost my temper and said some things I didn't mean. I'm sorry if I scared you or hurt your feelings."

Think about the things that really set you off, and then think of things you can do to help yourself through those times. Can you tell when you're starting to lose control? For example, is it just before mealtime? Maybe you and your children could eat a light snack while you're fixing dinner or listen to soft music on the radio to help you relax.

MISTER ROGERS' NEIGHBORHOOD

Mister Rogers' Neighborhood is produced by Family Communications, Inc., a non-profit company that produces audio, video and print materials designed to encourage communication between children and adults. For more information and a catalog, please write or call; Family Communications, Inc., Dept. CC, 4802 Fifth Avenue, Pittsburgh, PA 15213; 412-687-2990.

Check 'Em Out! — Books to Share With Children

July 3-7 — "Going Away & Coming Back"
The Little House by Virginia Lee Burton. The little house that once stood where apple trees bloom in the spring becomes surrounded by the city, until one day when it's brought back to the beautiful countryside.

July 10-14 — "Fast & Slow"
The Hare and the Tortoise adapted and illustrated by Brian Wildsmith. Although he moves very slowly, the wily tortoise is able to fool the boastful rabbit in this classic story of a race well run.

July 17-21 — "Playthings"
Omo and Bobo by Amy Schwartz. Omo's red potholder is just the thing to capture Bobo's attention and win a blue ribbon.

July 24-28 — "Dance"
The Dancer by Fred Burstein. The sights and sounds of a city neighborhood are related in English, Spanish, and Japanese, as a little girl and her father walk to dance class.

July 31-August 4 — "Mistakes"
Foolish Rabbit's Big Mistake by Rafe Martin. Based on an ancient tale from India, the foolish rabbit thinks an apple falling from the tree means that "the earth is breaking up."

August 7-11 — "Abilities & Disabilities"
Where's Chimpy? by Berniece Rabe, photographs by Diane Schmidt. Misty, a little girl with Down Syndrome, and her father review her day's activities in their search for her stuffed monkey.

August 14-18 — "Going to School"
Shawn Goes to School by Petronella Breinburg. Shawn is apprehensive about school until he gets there and discovers other children are just as worried. (On program #1461, Mister Rogers shows *The Big Treasure Book of Wheels* — 70 Things That Move on Wheels.)

August 21-25 — "Making a Musical Story"
Sing a Song of Popcorn by Beatrice Schenk DeRegniers, illustrated by prize-winning artists. Wonderful poems, some long and some short, make this a collection for everyone.

August 28-September 1 — "Everybody's Special"
My Mother is the Most Beautiful Woman in the World by Becky Reyher. Her mother is beautiful to Varya, yet when she's lost and friendly farmers try to help her, no one recognizes the description of the woman who is Varya's mother.

(On program #1687, Mister Rogers reads *Friends in the Park* by Rochelle Bunnett. On program #1688, Mister Rogers reads *Animal Time!* by Tom Arna.)

September 4-8 — "Learning"
Moja Means One by Muriel Feelings. Handsome illustrations depict African scenes in this Swahili counting book.

September 11-15 — "Competition"
A Story by Gail Haley. Anansi the spider man must accomplish three difficult tasks to win the right to have stories called "spider stories."

September 18-22 — "Play"
Play with Me by Marie Hall Ets. A lonely little girl sits quietly and coaxes the animals of the forest to join her in a game of hide-and-seek around a forest pool.

September 25-29 — "Discipline"
Lili at Ballet by Rachel Isadora. Lili, who dreams of becoming a ballerina, looks forward to her ballet lessons and practice sessions.

Special thanks to Dr. Margaret Kimmel of the University of Pittsburgh School of Library Science for suggesting these books for our newsletter.

NETER ROGERS NICHOLSON
CHILD CARE PARTNERSHIP

Around The Neighborhood

Summer/1995

A Newsletter For People Who Care For Young Children

Family Communications, Inc.
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CHILD CARE PARTNERSHIP

Plan & Play Activities For Aug. 28-Sept. 1/Theme:Everybody's Special

Thoughts For The Week

We're all so much alike...and yet we're all so different! A child's sense of identity grows slowly and for several years isn't likely to be very secure. As children grow, they need opportunities to express their uniqueness, whether in choosing the clothes they want to wear or in developing their unique art projects. There are always times when children need to do what everyone else is doing, but there are also many times when we can support children's self-esteem by helping them carry out their own ideas.

#1686 Monday

Mister Rogers looks in a mirror and talks about the fact that no two people are exactly alike. Chef Brockett prepares a birthday cake with raisins and nuts.

Rice-Cake Faces

You might begin this activity by letting the children look in a mirror to see their own faces. As the children take turns doing this, you can ask them to either point to or name facial features: nose, mouth, eyes, eyebrows. The children can help prepare snacks by making rice-cake or sandwich faces. Spread a rice cake or round piece of bread with a little bit of peanut butter and use raisins to make eyes, noses, and mouths. Encourage the children to do this in any way they like and point out that no two have to be exactly the same.

#1687 Tuesday

Mister Rogers shows pictures of twins who look almost exactly like one another. Even though they look alike, have the same parents and same birthday, each one is special.

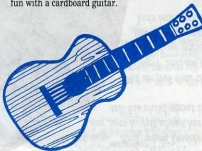
Mirror Play

You can begin this activity by letting the children take turns looking in a mirror and making movements. Talk with them about the way the reflection moves when they move to introduce this game of mirror play. Children then get a partner and take turns being the leader and the reflection. As one child moves, the other child imitates the actions. Some children might want to touch fingertips to have a better sense of how and when the other person is moving.

Afterwards you can talk with them about how hard it is to move exactly like another person is moving. That's because no two people are exactly the same. Each one of us is special.

#1688 Wednesday

Joe Negri plays music on his guitar as Mister Rogers shows pictures in a book of children dressed in animal costumes. Mister Rogers has fun with a cardboard guitar.



An Air Band

The children can create cardboard instruments for their own pretend play. Help the children draw guitar or banjo shapes on cardboard and cut them out for the children. Then let the children decorate the pretend instruments any way they would like. If you have a supply of cardboard tubes, the children could use them for trumpets, flutes, and other horns. Play the radio or taped music for the children's pretending.

#1689 Thursday

Mister Rogers makes a puppet, then shows how he does the voices of King Friday, Queen Sara, and Corney. The puppeteer for Prince Tuesday comes to visit.



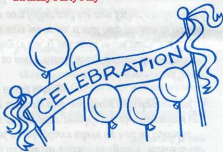
Talking for the Toys

Using toy people or animals, let the children take turns "talking" for the different characters. Children can decide which "puppets" they want and how to talk for them. Some children may be able to switch roles and change voice tones as they pretend about being two different characters. You might even write down some of their words so that children can see how "plays" are developed.

#1690 Friday

Corney has felt left out all week, thinking everyone forgot his birthday. His friends in Make-Believe surprise him with their celebration and help him know how important he is in their Neighborhood.

Birthday Party Play



You can set the stage for birthday party play by bringing in materials that children could use to pretend about birthdays. Here are some supplies to have on hand:

- birthday party hats or materials to make them;
- modeling dough to make pretend cakes;
- popsicle sticks for pretend candles;
- wrapped boxes or empty boxes and old wrapping paper and ribbon.

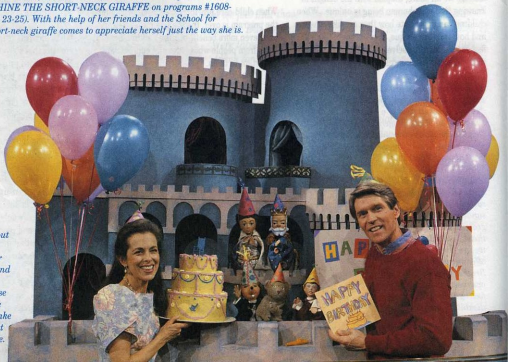
Let the children use their own ideas for pretending about birthdays. The children could pretend that one of the dolls or stuffed animals is having a birthday. Or, they might want to take turns pretending it's their birthday. If you keep these supplies stored in a bag or box, the children can take them out whenever they want to pretend about birthdays.

Highlights of Coming Programs

Using switches, Mister Rogers makes the earthmover move in lots of different ways on program #1680 (scheduled for July 7). As children develop self-esteem, powerful machines like the earthmover can be especially fascinating.



Neighbors Betty Aberlin, Chuck Aber, Zelda Pulliam, and Don Brockett join in a three-day musical story, *JOSEPHINE THE SHORT-NECK GIRAFFE* on programs #1608-1610 (scheduled for August 23-25). With the help of her friends and the School for Growing, Josephine the short-neck giraffe comes to appreciate herself just the way she is.



Capping off the new week about *EVERBODY'S SPECIAL* on program #1690 (scheduled for September 1), Betty Aberlin and Chuck Aber join puppet neighbors for Corney's surprise birthday party. Birthdays are special days, and children make every day a special day — just because of who they are inside.

Neighborhood Poster

July • August • September / 1995

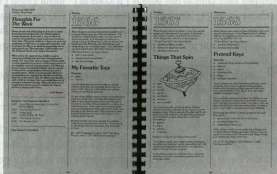
How To Use The Broadcast Schedule

The broadcast schedule identifies the *Mister Rogers' Neighborhood* programs that PBS stations broadcast on specific dates. (Check with your local PBS station to find out if *Mister Rogers' Neighborhood* is broadcast on dates different from those shown on this schedule.) The schedule also shows the theme for each week of programs and some of the events occurring in each episode.

The specific episode number (for instance, "#1566" for July 17th) corresponds to the program description and activities in the *Mister Rogers' Plan & Play Book*. The 370-page *Plan & Play Book* contains easy and appropriate activities for preschoolers. It also contains words to many of the songs from *Mister Rogers' Neighborhood* and a special section with recipes and how-to's.

The activities for the first two weeks in July, soon to be in supplements, are so recent they have not yet been included in the *Plan & Play Book*. You can find the activities in past

newsletters (GOING AWAY & COMING BACK — Winter, 1995 and FAST & SLOW — Summer, 1994). If you need copies of those activities or a *Plan & Play Book*, call your local public television station or Family Communications.



July	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
This Week: GOING AWAY & COMING BACK	#1676 World Map; Mime Dan Kamin; Sorry about a Mistake	#1677 Inside an Ambulance; Caring Paramedics; A Secret Tunnel	#1678 Wheelchair Basketball; Measuring; Exercises	#1679 A Car Wash; Water Play; "Signing" a Song	#1680 An Earthmover; Tortilla Chip Factory; Tunnel Is Found
	10	11	12	13	14
This Week: FAST & SLOW	#1681 Stroller Factory; Fast & Slow Trolley; Controls on Machines	#1682 Roller Skating With Safety Gear; Trolley Won't Slow Down	#1683 The Speedy Delivery Alphabet Book; ABC's Make Words	#1684 World-Class Gymnast; Planning Helps People Be Safe	#1685 Exercises with Friend in Wheelchair; Slowing Trolley
	17	18	19	20	21
This Week: PLAYTHINGS	#1566 Gymnast Performs; Importance of Caring Teachers	#1567 Ella Jenkins; How People Make Toy Wagons	#1568 A Visit to an Air Traffic Control Tower	#1569 Musical Playthings; Wanting Something Too Expensive	#1570 Toy Library; Lucy the Elephant Monument
	24	25	26	27	28
This Week: DANCE	#1571 It's Raining; Tai-Chi Is Like a Dance	#1572 Shamu the Whale; Caring for Fish	#1573 How People Make Shoes; Sam Weber Tap Dancer	#1574 The Dance Theater of Harlem	#1575 Tamburitzan Folk-Dancers; A Weaver at Work
	31				
This Week: MISTAKES	#1576 Feelings When People Laugh at Mistakes				

August**Monday****Tuesday****Wednesday****Thursday****Friday**

This Week:
MISTAKES

1
#1577
How People
Make Books;
Mistaken Delivery

2
#1578
Helping Others
after Mistakes;
Eraser Factory

3
#1579
Pianist André
Watts; Practicing
& Mistakes

4
#1580
Poetry Day; Even
Parents Sometimes
Make Mistakes

This Week:
**ABILITIES &
DISABILITIES**

7
#1386
Film of
Chrissy's
Mainstreamed Class

8
#1387
A Television
Camera; Chrissy
Plans a Surprise

9
#1388
Chrissy Releases
Puppet Show; Help
with Witch Fears

10
#1389
Chrissy Talks about
Her Braces,
Crutches, and Shoes

11
#1390
Making Up Your
Own Stories
and Plays

This Week:
**GOING TO
SCHOOL**

14
#1461
Mister Rogers
Visits a
Kindergarten

15
#1462
Visit to a
First Grade;
First Day of School

16
#1463
Play Is Important
for Learning;
Drum Lesson

17
#1464
Learning Through
Pictures; School
Can Be Fun

18
#1465
Mister Rogers
Rides a
School Bus

This Week:
**MAKING A
MUSICAL STORY**

21
#1606
San Diego
Wild Animal Park;
Feeling Lovable

22
#1607
Plans for a
Musical
Story

23
#1608
"Josephine the
Short-Neck Giraffe"
Musical Story

24
#1609
"Josephine the
Short-Neck Giraffe"
Continues

25
#1610
"Josephine the
Short-Neck Giraffe"
Concludes

This Week:
**EVERYBODY'S
SPECIAL**

28
#1686
Mirrors; Making
Sandwiches; How
People Make Plates

29
#1687
Identical Twins Are
Unique Inside;
Wooden Shoes

30
#1688
Guitar Factory;
Talking Helps When
You're Upset

31
#1689
Mister Rogers Shows
His Puppets; Italian-
Speaking Friend

September**Monday****Tuesday****Wednesday****Thursday****Friday**

This Week:
**EVERYBODY'S
SPECIAL**

1
#1690
Liked for Who
You Are Inside;
Kazoes & Flutes

This Week:
LEARNING

4
#1651
Nobody Can Do
Everything;
Whistles

5
#1652
Pretending Helps
with Learning;
Ella Jenkins

6
#1653
Trying & Learning;
How People Make
Construction Paper

7
#1654
Machines Can Help
with Learning;
Blind Musician

8
#1655
We Learn Best
from Caring People;
Sign Language

This Week:
COMPETITION

11
#1481
A Drawing Contest;
How People
Make Crayons

12
#1482
Mister Rogers
Visits an
Art Museum

13
#1483
Big Bird Comes to
Call; Feelings
about Contests

14
#1484
Lynn Swann:
Football Player
& Ballet Dancer

15
#1485
Winning &
Losing; Making
Rainbows

This Week:
PLAY

18
#1486
Playing Safely;
How People Make
Wooden Toys

19
#1487
Rules for Play;
Moving a
Real House

20
#1488
Play & Imagination;
Blind Pianist
Lou Schreiber

21
#1489
Visiting a Mushroom
Farm; No One Is
Always Right

22
#1490
Many Different
Ways to Play —
Loud & Quiet

This Week:
DISCIPLINE

25
#1491
Trying & Practicing;
How People Make
Piano Rolls

26
#1492
Feeling Frustrated;
How People Make
Dolls

27
#1493
Keeping Promises;
Mister Rogers
Goes Swimming

28
#1494
Practicing;
Olympian Peggy
Fleming Skates

29
#1495
Feeling Secure;
How People Make
Blankets