



Episode 2: Kiko Tries New Things

~ Parent Guide ~

Before Listening

Ask your child: "Is there something new you've been a little nervous to try?" No pressure to answer — just plant the seed.

After Listening

What was the new thing Kiko didn't want to try first?

What was the second new thing she tried?

What do you think Grandma meant by "you don't have to be perfect, you can try things in your own time"?

Have you ever tried something and it didn't work the first time? What did you do next?

Family Activity: "Tiny Bite" Try-Something-New

Pick one small new thing to try together this week — a food, a game, a walk somewhere new. Before trying it, say together: "You won't know unless you try." Afterward, talk about how it actually felt versus how you expected it to feel.

Screen-Free Idea

Draw a "practice ladder" — three or four rungs from "just starting" to "got it!" — and let your child place themselves on it for something they're currently working on (tying shoes, a new sport, sharing).

A Note on This Episode

This is a gentle, low-stakes episode about trying new things — food and a new physical skill — with no scary or sad moments. It's a good one to reach for before a day that involves something new for your child (first day somewhere, a new class, a new food at a party).