

# Llama Llama Meets the Babysitter

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## READ

### Before

- Show the book cover to your child(ren) and ask what they think it is about.
- After they share their thoughts, read the title while pointing to each word as you read.
- Ask your child(ren) what a babysitter is.
- Prior to beginning to read say, "Let's see how Llama feels when Mama tells him about a babysitter coming, and it is not his Gram."

### During

- Ask your child(ren) questions such as:
  - How do you think Llama feels about staying with a sitter while Mama is gone?
  - Do you think he is anxious about having someone else besides Gram sit with him while Mama is gone?

### After

- After reading, review the story by asking questions such as:
  - What did Molly bring to Llama for a special treat?
  - What did Molly and Llama do until Mama returned?
  - Did Llama enjoy Molly as a babysitter?
  - What was Llama doing when Mama returned home?

## PLAY

### Let's Learn Kentucky - Connect Together

Early relationships are the building blocks for healthy growth and development. Building daily habits of connection, learning about emotions, and cooperating with others will help your child develop healthy habits for daily life.

### Calming Breaths\*

- Once your child has practiced naming emotions they feel, they can practice calming themselves. Tell your child that taking deep breaths helps our brain and heart calm down, which helps our body feel safe and peaceful.
- Lay down on the floor with your child. Take a soft toy or stuffed animal and place it on your stomach. Tell your child that when you take slow, long, and deep breaths, the stuffed friend will move up and down safely on your stomach. Have your child practice breathing slowly with their own toy.
- Show your child how your stuffed animal moves quickly and falls off when you breathe short and fast. Ask your child to practice short breaths to see what happens. The next time your child is having a big emotion like sadness or anger, have them try the calming breaths with their stuffed animal.

### Make It Easier

Younger children will need you to show them how to breathe slowly. You can pick them up, place them on your chest, and breathe deeply and slowly with them when they are upset.

### Extend the Learning

Have your child make up breathing games to help calm down when they are upset. They might place a stuffed animal on their head and take three deep breaths to calm down, all while keeping the animal from falling.



## Find More Ways to Play

Let's Learn Kentucky  
[Connect Together](#)



Governor's Office of Early Childhood  
[Kentucky Family Guides](#)



## ENROLL

Enroll your child in [Dolly Parton's Imagination Library](#) and receive a FREE, age-appropriate book once per month.



## SHARE

As parents, we all want to raise happy, confident children. However, it is natural for all children to experience anxious thoughts at some point and it's important to teach kids how to deal with these difficult emotions.

Learn more from PBS Parents:  
[Simple Strategies to Help Your Child Manage Anxiety](#)



## EXPLORE

[Grownups Come Back \(Song\)](#) - Dad and Mom Tiger sing "Grownups Come Back" to comfort Daniel before they leave for the evening. Daniel learns that even when his parents leave him with a babysitter, they will always return.



\*Calming Breaths is shared from the Family Guides, a companion to the Kentucky Early Childhood Standards, housed in the Governor's Office of Early Childhood.