

**BARNEY'S**  
**WORLD**  
I Love Me Too

# PARENT COMPANION GUIDE



# BARNEY'S WORLD I Love Me Too



## WATCH ON YOUTUBE KIDS!

This Parent Companion Guide accompanies the **Barney's World™: I Love Me Too** YouTube Special, which follows Baby Bop on a journey to find her “glow.” She discovers that she glows when she loves herself.

Self-love encourages growth and development of a child's emotional well-being. In **Barney's World: I Love Me Too**, Baby Bop's adventure can help preschoolers understand the importance of recognizing and celebrating what makes them special.

Through discussion prompts, affirmations, and activity sheets, this guide can help you encourage self-love, confidence, and emotional well-being in your little one.



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# WHY IS SELF-LOVE IMPORTANT FOR KIDS' MENTAL WELL-BEING AND DEVELOPMENT?

Fostering self-love in kids can empower them to build a strong sense of self, confidence, and resilience, allowing them to readily seek support, learn from their mistakes, and navigate challenges with ease. This positive self-image can encourage a growth mindset, a willingness to try new things, and help them foster meaningful connections with family and friends.

**Overall, practicing self-love can encourage a happier and healthier lifestyle.**



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## 4 QUESTIONS TO ASK YOUR CHILD AFTER WATCHING THE SPECIAL

These questions build on the content by encouraging kids to reflect on the storyline and connect it to their own experiences.

**WHAT DOES IT MEAN TO FIND YOUR GLOW?**

**HOW DO YOU FEEL WHEN YOU FIND YOUR GLOW?**

**WHAT THINGS DO YOU LOVE ABOUT YOURSELF?**

**WHEN DID BABY BOP FIND HER GLOW?**

# HOW TO CULTIVATE SELF-LOVE IN YOUNG CHILDREN

- ♥ **Positive Affirmations** - Encourage your little one to say kind things about themselves.
- ♥ **Unconditional Love** - Show them that they are always loved and valued for who they are.
- ♥ **Acknowledge & Celebrate Achievements** - Recognize and praise their efforts, big or small.
- ♥ **Teach Self-Care** - Encourage healthy habits like physical activity, good sleep, and mindfulness.
- ♥ **Be a Positive Role-Model** - Demonstrate self-love in your own life.



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# HOW TO PRACTICE POSITIVE AFFIRMATIONS WITH KIDS

Practicing daily positive affirmations is a habit that can develop your little one's sense of who they are and what they value.

Ask your little one what makes them special and make that an affirmation!

Ex.: If your child loves to learn about dinosaurs, "I am curious."

Practice affirmations in front of the mirror so your little one can see (literally) how amazing they are!

Have fun with your affirmations! Add dance moves or highlight unique characteristics.

Say affirmations in the present tense so they're true to them right now and make it a part of your morning/nightly routine.

When your little one is having a tough time, remind them of their affirmations and say them together.



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## SPOT THE DIFFERENCE

Which image is different from the rest?



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## OUT OF THIS WORLD!

Cut out the puzzle pieces and make a picture of Barney, Billy and Baby Bop. Ask a grown-up to help cut out the pieces.

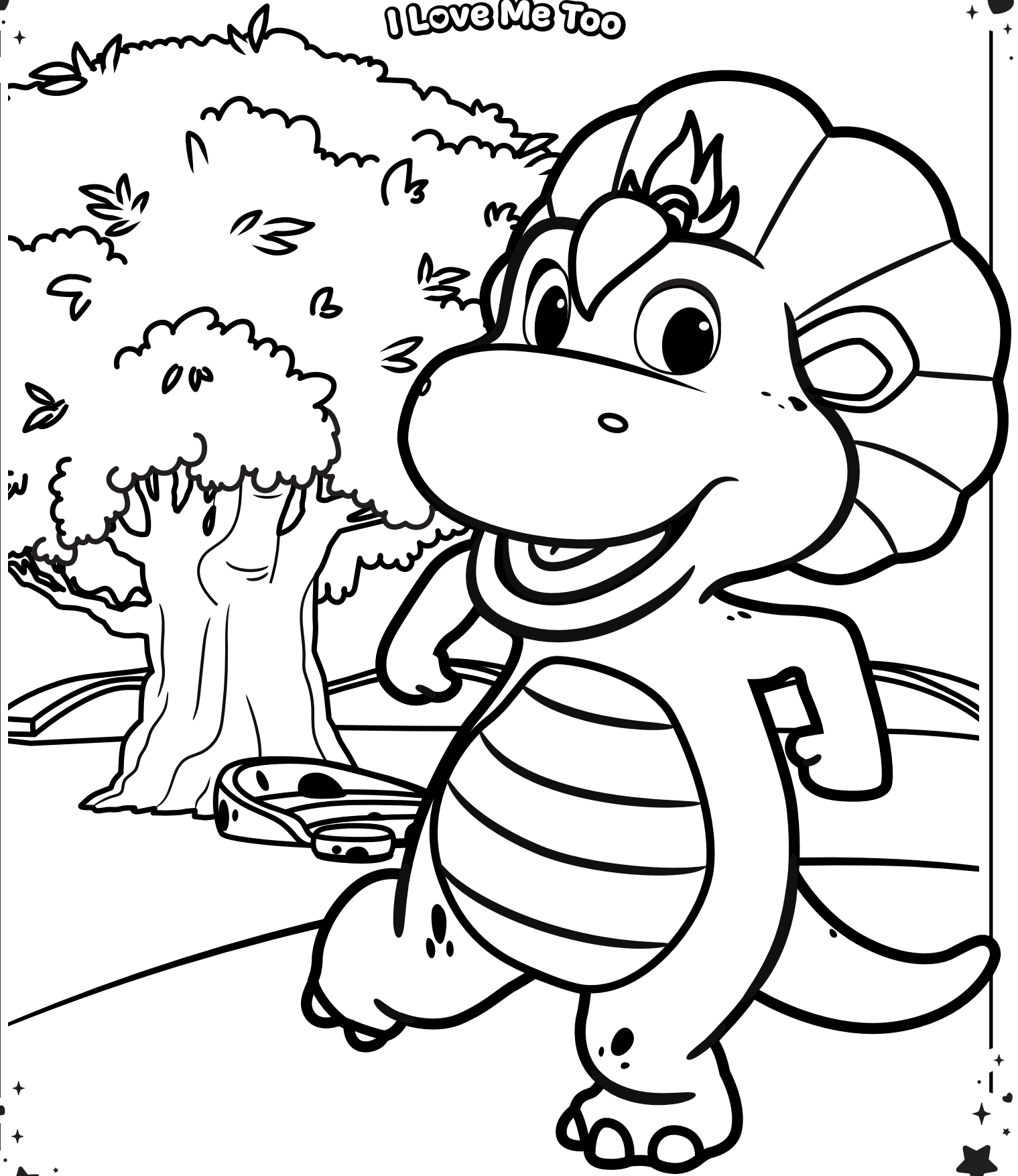


Can you spot Barney in your picture?



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