

Momoirs

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several bits of wisdom shared on “Daniel Tiger,” and repeated often by my daughter, that are not only applicable to the children this show aims to entertain, but to everyone regardless of their age. They each have their own cheerful tune that I can hear loud and clear in my head as I write this, but sadly, does not translate to the written page. Still, the advice is good, even if the words are spoken instead of sung.

» When you’re sick, rest is best; rest is best.

Oh, that life always allowed adults to follow this excellent bit of advice. There is nothing that will help ease the pain of the average illness like slowing down a bit and getting plenty of sleep.

» When you’re feeling frustrated, take a step back and ask for help.

We’ve all felt frustrated with ourselves at times when we feel like we should be performing better than we are. Whether it is a project at work or something at home, there is no shame in getting some outside perspective on the topic. In most cases, even if the person can’t actually help with the problem, just asking them to lis-

ten may prove invaluable.

» Everyone’s job is important; we all help in different ways.

If you’re prone to comparing yourself to your friends or family members, it’s good to remember that our contributions do not have to be the same as another person’s in order to make them valuable.

» When you feel so mad that you want to roar, take a deep breath and count to four.

Remarkably, I have seen Lydia reciting this phrase quietly to herself many times and then watched her take a breath and resume life in a much calmer manner.

For these tidbits and many others, I tip my hat to the writers of this show, as well as to Daniel Tiger and his cardigan sweater, and for nostalgia’s sake, Daniel’s predecessor, Mr. Rogers.

I can hardly wait to see what else this adorable little program is going to teach my daughter, and, when he’s old enough for television, my son.

Momoirs is a family column discussing the ups and downs of motherhood. Follow Lisa on Twitter @SpectrumLisa or like her on Facebook at www.facebook.com/larsonlisa Email larson@thespectrum.com.