



Cows Can't Spin Silk

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Cows can't spin silk, but they can make milk. Woodpeckers can make milk, but they can also hammer holes. Get the idea of this book? Each animal, just like each person, has things they can and can't do, and that's okay! After reading this confidence-building book with your child, make your own book about things they can do. Take pictures of your child jumping, running, or helping to cook, or any number of things they can do! Print the photos and place them in a small photo album that your child can look through to always remind them of the things they CAN do! You can add new photos as they learn to do new things.

