





Does your child need help being Kind?

Quick ideas:

1. Remind children often what kindness is, point it out when you see good examples of it. When they see poor examples of it, ask what could that person have done differently to show more kindness. Remind them that just because someone else is doing something that isn't kind doesn't mean they need to lower their standards.
2. When they forget to say please, thank you or you're welcome say it for them in a fun way to help them know you expect them to be courteous to everyone.
3. Model for them what kindness means, and talk them through what you are doing. ("look that car has been waiting forever to get in this lane, I'm going to let them in". "That checkout line took forever, but I didn't get frustrated because that poor clerk was doing the best they could".)- Remember you don't have to be perfect, when you mess up and are not kind, talk them through that too. ("wow, I didn't handle that right, I'm going to apologize and try to do better next time.")
4. If your child has access to emails or social media, read what they write and let them know that just because the person isn't there, doesn't mean they don't have the same feelings.
5. Empathy is a key component. Be sure to point out that we don't always know or understand what is going on with the other person and extend grace whenever possible.

https://www.parentingforbrain.com/6-controversial-tips-teaching-kids-respect/	https://usmc-mccs.org/articles/7-reasons-why-teaching-children-kindness-is-essential/	https://www.empoweringparents.com/article/disrespectful-kids-and-teen-5-rules-to-help-you-handle-their-behavior/	https://www.youtube.com/watch?v=tCg0ufUKs9s
			

Other suggested resources:

Project Parenthood podcast episode #566

Respectful Parenting podcasts

Good Inside with Dr. Becky podcast

"When you Wonder, You're Learning: Mister Rogers' Enduring Lessons for Raising Creative, Curious, Caring Kids" by Gregg Behr and Ryan Rydzewski