



## Cultivating Kindness

### Tips for Elementary Parents

Kindness is not a quality that children are born with—it is something they learn with practice and time.

*Use the following tips to help your child develop kindness and empathy.*

#### Model kind behavior

Look for ways to demonstrate kindness for your child. Help a neighbor with their yard work. Speak kindly to the cashier at the grocery store. Offer the mailman a bottle of water on a hot day. You are your child's most important role model, and they will learn from your example.

#### Identify and label nonverbal cues

Encourage your child to notice facial expressions and body language. For example, "Annie is crossing her arms and frowning. I think she is upset. How can we help?" The key to empathy is understanding the perspective of others.

#### Point out the kindness of others

When someone is kind to you or your child, say something about it. "It was so nice of the woman at the store to let us go ahead of her in line." Also, be sure to acknowledge and praise your child when they show kindness.

#### Spread the joy of helping others

Allow your child to experience how good it feels to help others. Donate books and toys to children in need, or rake a neighbor's leaves. Give your child ample opportunity to develop a giving spirit.



To review, watch this quick video!



## Building Confidence

### Tips for Elementary Parents

It's natural for children to master some skills easily and to struggle with others. But when children can take pride in their accomplishments and persevere despite failure, their self-confidence will grow.

*Keep reading to find out how you can help nurture self-confidence in your child.*

#### Encourage new experiences

Whether it's a trying a new sport, learning how to use a camera, or exploring a more difficult hiking trail, allowing your child to try different things and conquer new challenges will help build their self-confidence and boost their self-esteem.

#### Delegate responsibility

Give your child age-appropriate household tasks, such as taking out the trash, helping put away laundry, taking care of a pet, and making their bed each day. Make sure that tasks are completed, and praise your child for their effort. Conquering even simple tasks can lead to big gains in self-confidence.

#### Demonstrate perseverance

You are your child's most important role model, and letting your child see you tackle obstacles, overcome adversity, and achieve personal goals is invaluable. Show pride in your accomplishments ("I ran three miles for the first time today!") and grace in your failures ("I messed that up, but I'll do better next time"). Most importantly, let your child see that you are human and imperfect.



## Fostering Patience

### Tips for Elementary Parents

Today's children are being raised in a world where much of what they want and need is instantly available. This can make it hard for children to practice patience—a quality that will be important for them to have throughout their lives.

*Here are some tips on how you can teach your child to be a more patient person, even when it's hard.*

#### Know your child

Depending on your child's personality, they may be either more or less inclined to be patient. For example, a child who is calm and easygoing may have an easier time being patient than one who is a bit more excitable. Understanding your child's unique personality can help you adjust your methods and expectations accordingly.

#### Show what patience looks like

Use every opportunity you have to model patience for your child. For example, when the line at the grocery store is long, avoid complaining or rolling your eyes. Instead, stay calm, smile, and remain positive. When your child sees you cope with these situations in a patient manner, they are more likely to follow suit.

#### Teach your child about time

Many children have no concept of the difference between one minute and five or ten. When you ask your child to wait, set a timer for the allotted time. Also find opportunities to connect time with actions, such as, "We are going to eat dinner in 30 minutes."



# Teaching Responsibility

## Tips for Elementary Parents

For children, being responsible is about more than just doing chores around the house. Being responsible also includes:

- ▶ keeping promises
- ▶ being reliable
- ▶ honoring commitments
- ▶ behaving appropriately in different social situations
- ▶ being a good citizen—at home, at school, and in the community

*Here are some tips for helping your child be a responsible family member, friend, and community member.*

### Define responsibility for your child

Responsibility can mean different things to different people. To help your child understand what responsibility means, explain that it is a job, a promise, or some other situation in which others depend on them. For example, “*Homework is a responsibility. Your teacher depends on you to do your homework so that you can be a successful student.*” or “*If you make a snack, I am depending on you to clean up after yourself.*”

### Start at an early age

It can be tempting for parents to do everything for their child, especially when they are young. But giving children small tasks they are able to complete on their own increases self-esteem, and makes it much more likely that they will be responsible with future tasks.



# Encouraging Honesty

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Young children mostly understand that honesty is best, but it is also natural for them to be tempted to hide the truth—especially when they know that their actions could disappoint loved ones, or get them in trouble.

*Here are some tips for helping your child learn to choose honesty, even when it's hard.*

### Start early

Begin talking to your child about the value of honesty when they are very young. Explain what it means to be honest, and emphasize the link between honesty and trustworthiness. Make honesty a part of your daily conversation so that your child will understand that it is expected.

### Be a good role model

If you want your child to be honest, then you must be honest yourself. When you lie in front of your child, even if you consider it a “small” lie, it teaches your child that lying is acceptable. Admit that sometimes being truthful can be hard, even for you. Make open and honest communication a priority in your home for everyone.

### Reward the truth

When your child is truthful in a difficult situation, let them know how proud you are of them. Rewarding your child with praise and affection when they have been honest reinforces positive behavior, builds your child's self-confidence, and increases the likelihood your child will be honest in the future.



# Inspiring Citizenship

## Tips for Elementary Parents

Being a good citizen means working to make the world a better place for everyone. For children, this primarily means being a good family member, friend, and classmate. Of course, it can also mean lending a helping hand to those in need, as well as being a responsible member of your community.

*Here are some ways you can inspire your child to be a good citizen.*

### Start small

As a citizen of your household, your child should be expected to take on age-appropriate tasks at home. They might help plant a small vegetable garden, sweep the front porch, or put up holiday decorations. Helping with household tasks gives children a sense of pride and responsibility.

### Read books

Books are great for encouraging discussions on citizenship. Look for age-appropriate books that promote diversity, inclusion, helping others, and caring for the environment. Try to relate what you read in books to your own community—and help your child see how they can be a good citizen.

### Make community connections

Help your child get to know your community. Ride the bus together, visit the library, and play at a public park. As you explore, point out any people you see who are helping to keep your community clean and safe—police officers, park workers, bus drivers.