

Raising KIND Children! We all know that the world will be a better place for our children to grow up in if everyone was KIND. We are fortunate at St. David's to often witness acts of KINDNESS. We see parents and children volunteering, bringing in cans for our food baskets, adopting families at Christmas time, or giving change for the Ronald McDonald House. We also experience acts of KINDNESS that do not cost anything. We see children holding the door for others, helping to pick up things that have dropped, and helping a classmate when a task is too difficult. These acts of KINDNESS always bring a smile to our faces and hearts.

Young children are by nature self-centered and live in a world of "me first." Being KIND to others means we are not thinking of ourselves. We definitely reap the benefits from helping others. We feel joy and goodness about ourselves. Our children should have the opportunity to experience those wonderful feelings.

How can we help our children to be KIND? You have probably heard the phrase "KINDNESS begins at home." There are simple everyday things you can do to teach KINDNESS. You are most likely doing many of them. It is a life learning process through childhood, adolescence and adulthood. It is never ending!

Simple ideas to nurture KINDNESS:

- Teach these four simple social phrases: HELLO, GOODBYE, THANK YOU, and PLEASE. They will get you far in life.
- Teach GOOD TABLE MANNERS. It is a sign of respect for others.
- Let your child HELP YOU. Young children can set the table, sort clothes, hand you a tissue when you have a cold, or get a grandparent his coat.
- Teach the meaning of the GOLDEN RULE, "Do unto others as you would have them do unto you." Everyone wants to be treated with KINDNESS.
- Catch your child being KIND. Make a big deal about it but not too big a deal because we want KINDNESS to be NATURAL – an everyday occurrence.
- Say you are SORRY when you have handled a situation wrong. We are not perfect. We all make mistakes or have misjudged how we should have done something.
- Send pictures, cards, or emails when someone has done something KIND for you or if someone is not feeling well.
- Lastly, the best way to encourage KINDNESS is to MODEL it!

Your child's world will always be happy and fun when there is KINDNESS!

RESOURCES: 4 Simple Ways to Nurture Kindness (DisneyFamily.com)
Teaching Children to be Kind (Kaboose.com)
No More Disrespect (Dr. MaryIn Appelbaum)