



MBES

Counselor's Corner

Welcome to Medlock Bridge's Counselor Newsletter!

How Do We Teach our Children About Empathy and Kindness?

In an ideal world everyone would always be kind to each other. For us to move in that direction, we must teach our children how to be kind. Studies show that children who are kind are less likely to be violent or to bully others. Here are some suggestions on how to teach your child kindness...

- ❖ Model it – Your actions speak volumes. Whether you volunteer or help out a neighbor your children will notice. Also, make sure your actions match your words so children don't get mixed messages.
- ❖ Reward kind acts – Children crave positive attention and they will repeat those actions to get your attention. Try to “catch them being kind” and give them a star for kind acts. The stars can be cashed in for a special treat or special time with a parent.
- ❖ Read about being kind – Here are some stories that focus on being kind...

The Gift Crocodile by Judy Sierra (ages 3-5)

The Paper Crane by Molly Bang (ages 6-9)

Pay It Forward by Catherine Ryan Hyde (ages 9-14)



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- ❖ Give children tasks to do – A study completed by the University of Minnesota found that children who did household chores had increased feelings of self-worth years later. When children feel good about themselves they are more respectful of others.
- ❖ Help others – Help your child understand what random acts of kindness means.

Teaching Empathy Tips

Tip #1 – Address your child's needs and teach them how to “bounce back” from distress. When children have secure relationships they are more likely to show empathy.

Tip #2 – Seize everyday opportunities to model and induce sympathetic feelings for others.

Tip #3 – Help children discover what they have in common with other people. We work on this during their guidance lessons and you can reinforce it at home.

Tip #4 – Help children explore other roles and perspectives. Empathy is something that must be taught and nurtured.

*“People may forget what you said,
they may forget what you did, but
they will never forget how you made
them feel.” – Maya Angelou*

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