



Helping Your Child Learn to Care for Others



We all want our children to be compassionate and caring to others. One of my most repeated phrases to my children was, “Please be kind to each other!” That was right after I said, “STOP hitting your brother or else!” A thousand times I wondered if they would ever get it and start actually doing it. How can we help them show compassion and kindness to others?

Talk about how it feels to hurt and what we can do. Give each kid a band-aid (the colorful ones would be great). Ask: *When do we need band-aids?* (when we have been hurt) *When you are hurt, would you like for someone to give you a lecture or hurt you more?* (No, of course, not. You would like them to give you mercy, not their judgment or harshness.) *When others are hurting what do they need?* (kindness, help, mercy, someone to listen, a prayer, etc.)

Role-play situations where they might show kindness to others. Pair kids up to act out a situation when they can show mercy and kindness.

Some situations:

- little sister accidentally broke older sister’s toy
- forgot to bring lunch money
- need help completing a big assignment
- accidentally spilled milk on the carpet
- lost temper and yelled at friend

Throughout your days, practice kindness to everyone. Make it your mission to see how many you can do in a day.

Here are a few ideas:

- Smile at 3 people.
- Let someone go ahead of you at the check-out line in the grocery store.
- Ask the clerk what her favorite candy bar is and buy it for her.
- Eat lunch with someone who may not have many friends.
- Hold the door open for someone.
- Leave a kind note in a library book for the next person who reads it.
- Make and mail a card to an elderly person.





- Share a toy.
- Help without being asked.
- Leave a treat (or nice note) in the mailbox for your mail carrier.

Compassion and kindness for others is built one kindness at a time. If we start every day by asking God to fill us with His compassion, we can slowly begin to see others as He would and love them as He would. And yes, your children eventually will get it if we don't give up teaching and modeling kindness.

