

Parent Page April 2015



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Teaching Kindness To Children

Teaching children to be kind is such an important task of a parent!! Having a kind and loving spirit in a person is very important, from pre-school and all through a person's life. Being generous and kind allows for us to develop a sense of value and self worth, while creating a sense of community. When I recognize one child for doing a kind gesture or using manners, it is contagious, they all want to participate. Encourage your child to be kind to others as well as kind to themselves.

- Let your children see you being kind. Share with them the ways you can perform random acts of kindness.
- Encourage your child to be kind to themselves. Discourage them from being too hard on themselves.
- Focus on what they do right. Notice times when your child is kind to someone and give them lots of praise. Look out for moments of kindness.
- Encourage your child to perform random acts of kindness for others in the home or at school.
- Create a kindness book and let children write down their acts of kindness and note how they feel. Ask them to see if their heart feels bigger and they feel happier after being kind.
- Encourage them to share and work with their friends.

Here are few ideas for random acts of kindness:

- Leave a chocolate bar at the bottom of the vending machine.
- Send someone a handwritten note or letter of love or thanks.
- Put coins in someone else's parking meter.
- Treat a friend for no reason.
- Send a postcard to a friend and tell them how much you love them.
- Make someone's morning by holding the door open.
- Volunteer your time or donate to a food bank.
- Take a friend dinner.
- Pick up trash.
- Help a neighbor
- Find the one that works for your family!!!



Simple 4 Ingredient Banana Bread!!

Share some with a friend today!!

Ingredients:

1 Yellow Cake Mix
2 eggs
4-5 Overripe bananas
Pecans {optional...but encouraged}
1-3/4 cups chocolate chips

Instructions

Add all ingredients to a large bowl {or stand mixer} and mix well. Fill two medium, greased loaf pans, or one large loaf pan

Bake at 350 for 40-45 minutes



"In Kindness"

Kindness speaks the words,
Your heart could never speak.
Your wings hold me up,
And give me strength when I am weak.
The warmth of your protection,
Brings music to my heart.
You open up the doors,
You show me where to start.

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