



How to Raise a Kind Child in an Unkind World

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Sticks and stones hurt and so do words. There is much to be said about the challenges that face our young people and the ever-growing access to all kinds of news and social drama beginning at still younger ages. But we live in a beautiful world filled with wonderful people. Here are a few tips to raising kind kids.

Kindness is contagious – When our children see us being kind they will follow our lead.

Smile and make eye contact with those you come in contact with, it can make all the difference in someone's day.

Empathy may not come naturally for everyone but it can be learned. Teach your child by finding out what resonates with them and show them how to be empathetic in similar circumstances. For example, if your child has experienced being sick often, when a friend is sick encourage your child to do something special for that friend.

Involve your children in volunteering in your school, community, or church. Volunteer to do an activity with residents at a nearby senior living center. Ask them how it makes them feel to serve.

Take advantage of teaching moments with your children. I have always found the car to be a great place for teaching, you have a captive audience with nowhere else to go!

Point out acts of kindness when someone has done something nice for your child or your family. Make it a habit of telling them about acts of kindness you see out in the world.

We can have differences of opinion and still get along with others. It doesn't matter if we have different political, religious view, etc. There is good to be found in everyone! If you look for it you will find it.