

A PARENT'S GUIDE TO CARING



- Be kind
- Be compassionate and show you care
- Express gratitude
- Forgive others
- Help people in need

WHAT YOU CAN DO AT HOME

- Declare this month as "Caring Month" and find ways to show caring: anonymous notes, small chores done as a surprise, etc.
- Do something as a family that shows caring for someone in need. Take your children along with you when you volunteer.
- Set family goals. Have each member of the family complete the following sentence and post it where it will serve as a reminder: I will be caring by: _____.

PARENTS CAN PROMOTE CARING

- Give each youngster time, attention and affection.
- Encourage awareness and expression of feelings.
- Consistently ask how behavioral choices impact the feelings of others. Help him or her to see the relationship between their actions and the feelings of others. Do not tolerate your child doing or saying things to intentionally hurt anyone.
- Encourage cooperation and helpful behavior.

FOR YOU TO CONSIDER

"They may not remember what you said, but they will always remember how you made them feel."
-Carl Buehner

TO HELP YOU TEACH THE SIX PILLARS

Focus Area: Service and Volunteerism

Promote compassion and inspire caring in your family through opportunities to help others in need: in your home, neighborhood, school, community, state, country or world. Often children will notice people in need and feel very strongly about helping them. For ideas, visit the Family Cares Program at www.pointsoflight.org.

"A candle loses nothing by lighting another."

-Anonymous