Character Trait- Support

As a parent, you can teach your child to help others in need by demonstrating or performing charitable activities for others with your child. There are numerous ways you can teach your child to help others; including showing them how to help elderly neighbors with chores, volunteering them for activities that help your community, or even helping your child recognize when their own friends need help.

Parenting

Parenting Strategies

1. **Teaching Through Action**
Volunteering can be a great way to instill a sense of giving in your child.

2. **Make donations with your child.**
By donating used toys, clothing, and money to charity, your child can learn how their contributions can help others.

3. **Get your child involved**
Suggest to your child that they help their friends in times of need; such as collecting their friends' homework assignments from school when they are ill or helping them with a difficult homework assignment.

4. **Give them household tasks.**
Start a chore chart. This way a child can learn to do helpful tasks like taking out the trash or washing the dishes and slowly get rewarded to build up good behaviors. It is best if the rewards are gradual, so they can persistently help in order to build up good habits

5. **Be a Strong Role Model**
Children learn much of their behavior from watching adults. Rather than just telling your child about being helpful, you should act in a way that they can observe and learn helpful behaviors.

https://www.wikihow.com/Teach-a-Child-to-Help-Others

Teaching Children to Help Others

If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody. -Chinese Proverb

Children are never too young to learn the value and joy of helping others. As we know, children learn by watching their parents. Take talking, for instance. We talk to our children from the time they're babies and, after a while, they start talking back. We know that if they see us reading, chances are they will learn to love reading too. We can also model compassion and generosity to <u>raise caring kids</u>. If children see us donating our time, money, and belongings, they will learn to do the same. By volunteering or donating as a family, parents can raise children who not only care, but help others. Here are a few ideas for helping and supporting others.

Start volunteering locally. Go to your church, temple, other religious organization, community center, school, or library to ask about local groups that support the cause(s) you've identified. Talk to friends, family members, co-workers, and neighbors about your area of interest. Perhaps you already know someone who is volunteering for a charity that would be a good fit for your family. Local United Ways often have volunteer listings.

Go straight to the source. If your child wants to cheer up children in the hospital, visit or call a local children's hospital with your child and ask what you can do. You may want to suggest specific activities like hosting a holiday party, doing <u>arts and craft projects for children in the hospital</u>, painting the fingernails of all the girls, dressing like a clown and painting faces, or whatever your child thinks of. If your child loves animals, you could visit an animal shelter together and offer to walk the dogs once a week. Be creative! If you are sincere and are suggesting something that doesn't make more work for the employees or other volunteers, chances are you will get a warm reception.

Adapted: https://aleteia.org/2018/04/26/to-help-them-deal-with-bullying-lets-teach-kids-this-important-skill/

Literature Connection – Character Trait - SUPPORT

Younger Grades:
You Filled a Bucket Today? A Guide to Daily Happiness for Kids by Carol McCloud
A Sick Day for Amos McGee by Philip C. Stead and Erin E. Stead

Upper grades:
Chicken Soup for the Kid's Soul by Jack Canfield
Each Kindness by Jacqueline Woodson
Each Kindness by Jacqueline Woodson
Tear Soup by Pat Schwiebert and Chuck DeKlyen