

THE COUNSELORS' CONNECTION



The Newsletter of the
Elementary Counseling Department

13 WAYS TO RAISE A CARING & COMPASSIONATE CHILD

When it comes to kindness, you are your child's primary teacher.

Here's how to develop empathy in your child as a character trait and value.

Like many things, kindness is a quality that children learn over time and through practice. Thankfully, there are many things you can do to encourage your child to be a kinder, gentler person. (For starters, you can share books that encourage kindness.) Research has found that the desire to help and comfort comes just as naturally to humans as being self-centered or hurtful.

1. Believe that your child is capable of being kind.
2. Model positive action.
3. Treat your child with respect.
4. Coach your child to pay attention to people's facial expressions.
5. Let your child know often that how they treat others matters to you greatly.
6. Don't let rudeness pass.
7. Acknowledge kindness.
8. Understand that your child's perception of differences in others comes into play.
9. Be sensitive to messages that your child picks up from the media.
10. Explain that calling someone names or excluding him from play can be as hurtful as hitting.
11. Avoid setting up competition within your family.
12. Show your child how to help people in need.
13. Be patient with your little one.

To continue reading the full article, click here.

13 ways to raise a caring and compassionate child. Scholastic. (n.d.). Retrieved November 22, 2021, from <https://www.scholastic.com/parents/family-life/social-emotional-learning/social-skills-for-kids/13-ways-to-raise-caring-and-compassionate-child.html>.

What's in this month's issue:

- 13 WAYS TO RAISE A CARING & COMPASSIONATE CHILD
- WHAT STUDENTS ARE LEARNING IN SEL: SOCIAL AWARENESS
- TRY IT AT HOME!
- RESOURCE HIGHLIGHT: PBS KIDS FOR PARENTS
- SEL BOOK OF THE MONTH



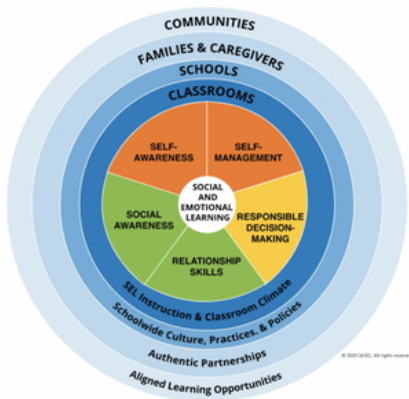
RESOURCE HIGHLIGHT OF THE MONTH: PBS KIDS FOR PARENTS

An online resource for parents and caregivers that provides developmentally appropriate content and strategies to support children's development.

[Click here to visit the PBS for Parents website](#)



WHAT STUDENTS ARE LEARNING IN SEL



Social awareness: The ability to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts. This includes the capacity to feel compassion for others, understand broader historical and social norms for behavior in different settings, and recognize family, school, and community resources and supports.

Such as:

- Taking others' perspectives
- Recognizing strengths in others
- Demonstrating empathy and compassion
- Showing concern for the feelings of others
- Understanding and expressing gratitude
- Identifying diverse social norms, including unjust ones
- Recognizing situational demands and opportunities
- Understanding the influences of organizations and systems on behavior

Check out this video from [PBS Learning Media](#) for more information.

FEATURED SEL BOOKS OF THE MONTH



TRY IT AT HOME! I-MESSAGES

"I- Messages" are a great tool for children (and adults) to use when advocating for themselves in a respectful way.



[Click here](#) for more information on teaching and practicing I Messages with your child.

