

NEWSLETTER

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parenting with **GENEROSITY**

DECEMBER
2023

Whether you are parenting a small child or a teenager, you may be wondering how you can encourage generosity. Maybe by the time they are in high school your child might be earning a paycheck, but for most of their 18 years, kids are living off of YOUR generosity. So how can they give?

Help your child understand that even without money or possessions, they have a lot to give. Here are but a few ways you can suggest generosity:

- giving of their time to play video games with a younger sibling
- giving of their talents to play piano for a grandparent
- giving of compliments to friends and strangers
- giving of themselves to help with dishes, plan a meal, or do laundry

Generosity certainly has to do with the giving of our finances (when available), but it doesn't rely solely on wealth to make a difference.

Questions for parents to consider:

- When is it easy for you to show generosity? When is it hard?
- Who do you know that is generous? Why?
- What are you least generous with (time, energy, money, kindness, etc.)? How can you take one step toward being more generous this month in that way?

Questions to ask your child:

- Who shows you generosity? How? How do you thank that person?
- What do you have that you can be generous with? How can I help you?
- If you had to give away \$1 million, what would you do and why?

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GENEROSITY:

Making someone's day by giving something away

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WEEK ONE:

What is generosity?

Making someone's day doesn't have to cost 1 million dollars (although that would probably do it!). It doesn't have to cost \$100 or even \$10. Generosity isn't about the dollar value; it's more about your heart and the spirit in which you choose to give. Giving away your time, words, affection, or skills might not cost money, but it's still an act of generosity.

WEEK TWO:

Generous character

What would it look like for you to be generous with these traits or values that we talk about each month? How might you be generous with your friendship? Or generous with kindness? What about generous with patience, or integrity? As we close out the year, we'll spend some time planning how to make someone's day by maximizing the impact of our words and actions in the most generous way possible.

ANTI-BULLYING FOCUS

WEEK THREE:

Accepting generosity

What about when others are generous with you? Accepting generosity is actually quite simple, but for whatever reason seems to be harder to do in real life. If someone is generous with you, give them a genuine "Thank you." That means: looking them in the eye, or maybe it means smiling genuinely and then just saying thank you.

MENTAL HEALTH FOCUS