



What Is My Child Learning?

Your child is learning how to show care and concern by saying or doing something kind or helpful. This is called *showing compassion*.

Why Is This Important?

Being able to show compassion helps children get along with others.

Ask your child: What does *showing compassion* mean? Possible answers: It means saying something kind or doing something to help. It shows you care about how someone feels.

When is a time you can show compassion for someone else? Possible answers: When someone is feeling sad, lonely, tired, or frustrated.

How do you feel when someone says something kind or helps you out? Possible answers: happy, special.

Practice at Home

Help your child notice when someone he or she knows could use some help or a kind word. For example:

- I see that your sister can't find her toy. What could you do to help?
- It sure looks like Uncle Milo could use some help cleaning the sidewalk. Is that something you could do?

Activity

Together with your child, write down ways that your child could or does help at home. For example: Help carry in groceries.

Ways to Help at Home

1. _____
2. _____
3. _____
4. _____
5. _____

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
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