

WEEK 4 Helping Others



Dear Parent/Guardian,

For Your Heart

This week, second graders are learning to look for others who need their help. They're discovering the joy that comes from helping their classmates and others in their school.

- When children begin to put the needs of others ahead of their own wants, their hearts begin to grow. As their hearts grow, their minds open.
- Acts of kindness and love help children develop others-centeredness, which enables them to become valuable members of their community.
- Helping others makes the world a better place.

For the Heart of Your Child

Here are a few ways you can support your child's development of helpfulness at home:

1. **Give your child regular duties and hold him or her accountable for taking care of those duties.** When you give your child duties, your child experiences the satisfaction of contributing something valuable to the family. (We call it a duty rather than a chore. A chore tends to become a task seen as burdensome; a duty is for the child's sake and teaches the child responsibility and fulfillment in a job well done.)
2. **Assign purposeful duties.** No matter your child's age, any duties you assign should be for one of the following reasons:
 - To help them learn valuable life skills
 - To give your child a valuable role in the family
 - To help your child become a valuable member of society
3. **Assign duties that are age appropriate.** The goal is to help your child find satisfaction in accomplishing a task. Young children have a natural desire to please; you can build on this desire by allowing them to help you. Here are a few age-appropriate duties:
 - Organizing their room or "space"
 - Packing their own backpack for school
4. **Take time to show your child how to perform the task.** Children want to perform their tasks well. Lack of successful completion can create frustration.

From our hearts to yours,



PS Don't forget to ask your child to define KINDNESS and LOVE!

LOVE—Genuinely caring for others
KINDNESS—Showing care for others in an unexpected and exceptional way

