

Promoting a generous spirit in children

There are many qualities to promote in children: - independence and competence are high on most parents' wish lists. But the spirit of generosity is a personal quality that is often overlooked. Those children who are able to share their time, space and possessions generally have more friends and experience more success than those who are self-centred and mean-spirited.

Generosity is something we can practise every day. It happens with the little things - when we give away a smile, or when we stop what we are doing and listen to others.

It is amazing how we get back so much more than we give when we are generous with our time, space and even money.

With families shrinking in size and the current high level of parental concern to give children a good start it is

sometimes difficult to promote this sense of giving in kids and young people.

And of course, young children are generally egocentric and some young people by nature are less giving than others. But part of a parent's job is to remind children that the world doesn't revolve around them.

Like most facets of child-rearing, developing a community ethos can be a frustrating task. However perseverance and modelling are a parent's greatest allies when it comes to the things that really matter.



Quick Parenting Quiz

- The first sign of puberty for boys is:*
 - They empty the contents of the refrigerator in one sitting
 - Their testes enlarge
 - Pubic hair appears
 - They argue with their father
- A consequence that teaches children to take responsibility for their behaviour is:*
 - Rugged, rigid and really enforced
 - Respectful, reasonable and related to the behaviour
 - Excruciating, exciting and eloquently delivered
 - Immediate, immense and delivered with intensity.

Answers: 1b) 2b)

Vitamins for parents

Four practical ways to promote generosity in your children:

- Encourage them to give a toy or book away when they have finished it.
- Serve the meal from the table so everyone must share.
- Ask them to put aside a small amount of any pocket-money they receive to help someone else.
- Encourage them to visit an elderly or sick person (if safe).

Bright idea



Helping children achieve success

Help children achieve success in even difficult areas by breaking complex skills or activities into achievable goals. For instance, a young child can learn to make a bed by first arranging teddies, smoothing the doona and progressing from there. The same principle applies to older children or a teens. Trying to improve in maths? Then help them break complex subjects into more attainable tasks and set weekly goals for achievement. Look for 1% improvement rather than 100% improvement. It easier to improve a little at a time than make great leaps. And remember, kids need heaps of encouragement if they are to achieve success.

Wise & Witty Words

"Teach your children the value of money. Borrow from them." **Anon.**

"Character, like good soup, is made at home."

Unknown