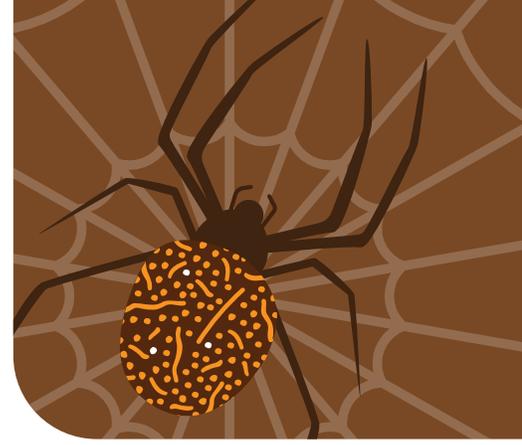


Patience MARCH 2021



SAY IT:

Patience means waiting until later for what you want now.

KNOW IT:

ASK A KID:

- Think back to this time last year. Everyone around the world was practicing social distancing during the COVID-19 outbreak. What were some things you really wanted to do but had to be patient and wait until later to do?
- What did it feel like to have to be patient for several weeks until you could do and have what you wanted?
- What were some things that you were able to do that helped you be patient?

ASK A GROWN UP:

- Share some examples of times throughout your life when you had to be patient.
- What are some things that you do to help you when you become impatient?

SEE IT:

Opportunities to visually see patience and the lack of patience are always available at your local grocery stores, traffic circles, drive thru restaurants, etc. You will be able to see people who are fine to wait and remain calm in the waiting, and you will also be able to see others who are irritable and impatient and have negative behaviors that result from that attitude.

BE IT:

As a family, discuss times when you notice someone struggle with patience. Ideas might include long car rides, waiting in line at stores, waiting on everyone to finish eating so that everyone can do the next activity, waiting on everyone to finish getting ready in the mornings to leave for school, etc. Discuss behaviors/attitudes that come out of these impatient moments. Finally, talk about some techniques family members might use to help him/her wait until later for what he/she wants now.

PHASE

Patience
MARCH 2021



It's pretty simple – the words we use with kids matter.

Our words have an impact each day on what kids think of themselves, their future, and their interactions with the world. Here are some words you can use every day:

Good morning!

I love you

I have noticed...

I hope you know...

Have fun!

Keep trying

I'm really proud when...

Work hard

I've been thinking...

I'm sorry

Be kind

I can always count on you to...

So don't miss it. It's just a phase! Make sure you are using words every day to build up the skills you want to see in your child.