



Family Focus on Caring¹

What is Caring?

Good people care about others, as well as the environment. Caring people are considerate, kind, compassionate, and generous. They always take into account how decisions, words, and actions affect others. However, sometimes caring requires us to make difficult decisions that are unpleasant, but may be best for us in the long run.

There are several caring DO's:

- Be kind to other people.
- Show you care about others through kindness, caring, generosity, and compassion.
- Live by the Golden Rule . . . treating others the way you want them to treat you.
- Think how every decision, word, or action will affect others.

There are some caring DON'Ts:

- Don't be selfish!
- Don't be mean!
- Don't be cruel!
- Don't be insensitive to the feeling of others!

What can parents do to reinforce this lesson?

Youth were challenged to practice one random act of caring. As a family, you can help them think of ideas to work on. For the roll call activity, members were asked to share a way they could show someone that they care about them. Parents may want to discuss their child's response and help them think of additional ideas.

Parents should remember that children model their behavior. What are ways you show your child that you care about him/her? Are there other people, such as neighbors, relatives, or friends, that you demonstrate caring acts toward? By discussing these actions with your child, you will help him/her to develop the same feeling of caring toward others.

- Notice and reinforce acts of caring among family members.
- Fast **voluntarily** for one meal, then discuss ways the family could help others who may not have enough food to eat (i.e. volunteer at a soup kitchen, participate in a food drive, etc.)
- Use a family piggy bank to collect extra allowances, etc. Family members then decide on a cause to donate the money toward.
- Purchase stocking caps, socks, and warm clothing for school children.
- Donate toys for toy drive or purchase a gift for an "Angel Tree" recipient.
- Make coupons that family members may give away, providing help to those who need it.

Caring Quote:

"No act of kindness, no matter how small, is ever wasted." — Aesop, ancient Greek moralist

¹Adapted and used with permission from "Play a Good Neighbor Game," *New Invitation Grades 3-4 Teacher's Guide*. Nashville, TN: Cokesbury Publishing, 1997, p. 18.