

Being Responsible



Compliments and Messages of Appreciation

Don't be surprised if you hear your son or daughter compliment you or tell you how much they appreciate something you have done. We have been learning how to give and receive compliments and messages of appreciation.

For example, you might hear your child say, "I liked dinner a lot. Thanks for fixing it." Or, you might hear, "I like it when you read to me before I go to bed. Thanks." Giving and receiving compliments is a great way to build a positive relationship. We have reviewed how to politely say, "thank you," and "you are welcome," as compliments are exchanged.

"thank you"

"you are welcome"

Responsibility



As a parent, it's sometimes easier to pick up toys, fold the laundry, or set the table yourself. It just seems more efficient. However, your child needs the chance to learn how to be responsible. By having jobs to do and doing them when asked, the habit of responsibility can grow. All of us want our children to be responsible adults. It's easiest to start this habit now. Try these ideas at home:

- Post a chart in the bathroom your child uses. On the chart, have pictures or words to remind him or her of personal health care behaviors. Put things on the chart like brushing teeth before bed, or washing hands after using the toilet. Talk with him or her about being responsible to do these tasks.
- Rotate the job of setting the table among all of your family members, including your child.
- Have your child feed the dog or cat.
- Five minutes before dinner, ring a bell to signal that it's time to pick up toys and be ready to eat together. Your son or daughter can join the family for dinner when the toys are put away.
- Talk with your child if he or she forgets assigned jobs. Rather than punish him or her, find a way to help him or her remember the next time. Perhaps a note or doing a task at a specific time of day would help.
- Remember to tell your child how much you appreciate him or her being responsible. Encourage all family members to say, "thank you" and "you are welcome."
- Write jobs that everyone can do on slips of paper. Have each family member draw one or more slips of paper to tell what jobs he or she will do.
- Create a chart with the names of all of your family members. Write a list of the jobs that need to be done. Have a family meeting to decide who will do each job. Some jobs will need to be done by adults; others can be chosen by anyone.

Looking for a Good Story for Your Child?

Visit the Educational Materials Center website at www.emc.cmich.edu/family. They have a special "Family Corner" where you can link to resources for parents. Some of the sites suggest books for children or give you information on many health topics.