CHEAT SHEET · PARENTS

# Cheat sheet for parents.

Children learn what humans are by watching you. The test starts at the kitchen table.

Not every hardship is a test, and nothing here is graded.



- [ ] **Be the example, out loud.**
  Narrate your kindness as you do it. Kids copy what they see, not what you tell them.

  SAY `"I'm giving this man my seat because his legs are tired."`

- [ ] **Praise the kindness, not the child.**
  Not: "You're so good." A kind act is something they did and can do again.

  SAY `"That was kind of you to share."`

- [ ] **Make one unseen kindness a family habit.**
  Once a week, do something nobody will see: leave groceries, shovel a neighbor's walk. Don't post it. Talk about how it felt.

- [ ] **Teach them to say "that's enough."**
  Practice the line: "Okay, that's enough." Role-play it. Tell them you will always back them up for using it.

- [ ] **Teach them to go toward the hurt person.**
  When someone falls, ask: "What could we do?" Then do it together. Make "toward, not away" the family rule.

- [ ] **Apologize first, and be specific.**
  When you lose your temper, say: "I yelled, and that wasn't okay. I'm sorry." Kids who see repair learn repair.

- [ ] **Give chores that serve people outside your house.**
  Not only their own room. A neighbor's bins, a grandparent's groceries. Let them feel what it is to be needed.

- [ ] **Keep your small promises.**
  If you say "in five minutes," mean five. Trust is built out of small promises kept.

- [ ] **Ask the question at dinner.**
  "Where did you see someone being a human being today?" And: "Where did you get to be one?"

- [ ] **Put their safety first.**
  Teach them to tell a trusted adult when someone is being hurt. Courage is not the same as handling it alone.

IF YOU ONLY DO ONE THING THIS WEEK

**One unseen kindness together. One "that's enough" practiced. One apology said plainly.**

You don't have to do this perfectly. You will get it wrong. Repair counts more than perfection.

This is practical, not religious. I think what you show with your choices is what counts. Share it freely.

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