

Cheat sheet for parents.

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


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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."

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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."

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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.

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Teach them to be the "that's enough."

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

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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.

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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.

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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.

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Keep your small promises.

If you say "in five minutes," mean five. Trust is built out of small promises kept.

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Ask the question at dinner.

"Where did you see someone being a human being today?" And: "Where did you get to be one?"

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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.