



# EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

## TEACHING KINDNESS TO YOUNG CHILDREN

Teaching our children to be kind is very important. When children are kind to others they are able to become more aware of others and their feelings, which will provide them with opportunities to enhance their social and emotional skills. By being kind, children will build confidence in their interactions and learn how to interact appropriately with others.

### HOW DO I TEACH MY CHILD KINDNESS?

**1.** Parents and caregiver's can provide children with opportunities to learn how to be kind by allowing children to help. Helping can provide children with many feelings of success, happiness, and importance. Positive feelings such as these are what cause children to preform other acts of kindness. Some ways that you can ask your child to help is carrying a bag inside from the car, having them help you cook, and asking them to pass you a dish at the dinner table.

**2.** Another way to teach children kindness involves recognizing your child's feelings and modeling how to react to other's that are feeling upset. Some examples of positive reactions to other's who are feeling upset include asking if they are okay, rubbing their back, and giving a hug. Responding to your child when they are upset by using these positive reactions will also model for them how they should react to other's that are feeling upset.

**3.** Sharing is another way children can show kindness. You can set up opportunities to observe and support sharing opportunities between your child and others. When you foster these relationships that involve sharing, you are teaching your child how to be kind to others. When you are playing with your child you can also promote sharing by offering to let your child use a toy that you were using, during this interaction you are showing your child kindness.

**4.** Providing children with vocabulary such as kind, caring, thoughtful, and helpful are great ways to promote kindness within your home. Using these words will allow children to have the proper words they need to communicate kindness with you and others. This will also remind children that kindness is important.

Throughout your daily routine, you can incorporate many of these ideas to teach kindness. These learning opportunities will have a large impact on your child's social and emotional development and will allow them to become kind and caring individuals.

Source: <https://www.parenttoolkit.com/social-and-emotional-development/advice/social-awareness/developing-kindness-in-early-childhood>

### CHILDREN'S BOOKS THAT TEACH CHILDREN ABOUT KINDNESS

- How Kind! - By: Mary Murphy
- Should I Share My Ice Cream? - By: Mo Williams
- Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids - By: Carol McCloud
- A Sick Day for Amos McGee - By: Philip C. Stead and Erin E. Stead
- Last Stop on Market Street - By: Matt de la Pena
- Ordinary Mary's Extraordinary Deed - By: Emily Pearson and Fumi Kosaka
- Be Kind - By: Zietlow Miller
- Try a Little Kindness - By: Henry Cole
- Little Blue Truck - By: Alice Schertle

# MEET CENTENNIAL'S EARLY CHILDHOOD CONSULTATION TEAM



**AMY NATION, MA**  
**EARLY CHILDHOOD**  
**MENTAL HEALTH SPECIALIST**

821 E Railroad Ave  
Fort Morgan, CO 80701  
Phone (970) 867-4924 Ext.2231  
Cell (970) 571-2174  
amyn@centennialmhc.org

**Ages 0-5**

Covers the following  
counties:  
Logan, Morgan



**ERIN POUNDS, MS**  
**EARLY CHILDHOOD**  
**MENTAL HEALTH SPECIALIST**

821 E Railroad Ave  
Fort Morgan, CO 80701  
Phone (970) 867-4924 Ext.1152  
Cell (970) 520-3320  
erinp@centennialmhc.org

**Ages 0-8**

Covers the following  
counties:  
Morgan, Washington  
& Yuma



**CHERYL BILLS, BSSW, MS**  
**EARLY CHILDHOOD**  
**MENTAL HEALTH SPECIALIST**

211 W Main St  
Sterling, CO 80751  
Phone (970) 522-4549 Ext.291  
Cell (970) 762-8044  
cherylbi@centennialmhc.org

**Ages 0-5**

Covers the following counties:  
Logan, Phillips, Sedgwick



**DANIELLE STOREVIK, MA**  
**EARLY CHILDHOOD**  
**MENTAL HEALTH SPECIALIST**

650 E Walnut  
Elizabeth, CO 80107  
Phone (303) 646-4519  
Cell (970) 571-4224  
danielles@centennialmhc.org

**Ages 0-8**

Covers the following counties:  
Cheyenne, Elbert, Kit Carson,  
Lincoln & Yuma

Contact your local Centennial Mental Health Center for assistance with any Early Childhood need.

**WWW.CENTENNIALMHC.ORG**

Centennial is an equal opportunity provider and employer

Centennial Mental Health Center es un proveedor y una empresa de igualdad de oportunidades