

Significance

Significance comes from child's sense of belonging, feeling that one matters and that one is loved. Feeling significant goes beyond basic needs, it explores emotions and feelings, which are a significant part of growing up healthy and balanced. Significance is a child knowing that she or he is important, feeling that one is in the right place; that one fits in.

Family History: Explore with your child your family tree, show pictures of family members as well as when the child was born. What is your family's or child's country of birth and some of the things associated with this country and its history? What makes this important in your family?

Read Aloud: Read a variety of books out loud with your child and make it part of a daily routine. Discuss the events in the stories and ask your child to guess why the characters made the choices they did. Have them consider what they might do.

Explore: Talk with your child about the police visit in his/her school and what he/she enjoyed about the visit. Ask your child "what are the nice things that police officers can do for children?" Share with your child some of the ways police have helped you in the past.

Personal History: Talk to your child about what he/she was like as a baby and try and figure out together how he/she has changed.

Process Feelings: When your child has a mood swing, ask what he/she is feeling. Ask him/her to help you understand what happened. Ask him/her what happened that made him/her react the way he/she did. This way he/she might also understand the process and start to identify and understand his/her feelings.

Tell Your Children You Love Them: Make it a routine to tell your child that you love her/him at least three times a day. Make eye contact and let her/him know that she/he is important.

Dramatic Play: Encourage your child to be involved in dramatic play. She/he has lots of stories to tell and might want to act these stories out with dolls or in small group play for example. Take time and be part of the audience and ask questions as to why "dolly" or the character in the story made that decision. At the end try and debrief the story and relate it to real life if possible.

Each family member brings something wonderful to the family they belong to.



Success

Success: is based on mastery, being able to set goals, and achieve them. The “how to” of the process is very important; it is where opportunities for learning, growing, and improving are present. Success is about achieving personal, family or community goals rather than being better or superior to others.

Goal Setting: Help your child to set a goal that is easy for her/him to accomplish i.e. picking her clothes for the next day, getting up in time to eat breakfast, brushing her/his teeth twice a day. When she/he accomplishes the goal (even if you have to remind her), acknowledge her/his effort and talk about the process she used to accomplish it (how did she/he remember, what guidelines did she/he put in place etc.) and how does it feel to have completed the goal she/he set for her/himself.

Bake With Your Child: Baking has directions that need to be followed. Walk your child through the process of making cookie dough, or muffins. When he/she tastes what he/she made and is able to connect process with results (help him with this) this creates a sense of success. If the cookies or muffins didn't turn out as you thought, take this opportunity to talk about the effort made and that you will try again. Try the recipe again, as this teaches your child not to give up. This website has recipes specifically for children to make:

<http://www.childrensrecipes.com>

Play Board Games and Cards: Children at this age love playing cards and board games. They might want to play it again and again; this is okay because each time they play it they become better at it (mastery). They learn that practice is good for learning things. Take this opportunity to explain that it is not about being better than others; rather it is about personal improvement.

Practice a Sport or Physical Activity: Take time to practice some sort of physical activity with your child; be her/his personal coach, even if only for 10 minutes. This will let your child know you care and also help her/him become more confident in her skills, therefore building mastery.

Practice Communicating: Police use skills such as listening to understand the other person's point of view to be successful communicators. Role-play taking turns speaking and listening with your child so that they can become successful communicators.

Each family is unique and has its own strengths and abilities.



Self-Awareness

Self-Awareness is about independence, and being able to make choices that affect one's own life. Giving children the power to make decisions, appropriate for their developmental stage, will help children to learn self-discipline and acquire the confidence to make choices. Children become aware of what they can and cannot do (their own strengths) from an early age. This helps them build their own value system and understand their own limitations.

Provide Choice: Identify what your child enjoys doing and give her/him the opportunity to choose which of those activities he/she would like to do. Making decisions will help your child identify her/his likes and dislikes.

Bedtime Routine: With your child, come up with a bedtime routine that works for both of you. This could be a bath, listening to music (if appropriate), reading a book, or making up your own stories. Follow this routine daily if possible; make it quality time with your child.

Story-telling Materials: Provide your child with a variety of books and magazines that he/she can flip through on his/her own. Allow your child the opportunity to tell his/her own stories using these materials.

Healthy Choices: Teach your child about the food groups and eating balanced meals. Bring him/her grocery shopping with you and allow them to help you pick out healthy food choices.

Identify Feelings: Have a conversation with your child and try to identify emotions such as "what makes him sad" or "what makes him/her excited or happy". Let your child explore this and tell you those things. You can give examples if the child is having difficulty identifying this, such as "when I see a lost dog I get sad" or "when someone smiles/says good morning I feel happy"

Talk: Discuss with your child different ways police officers could help you, ie: when you are lost, if you see someone that needs help, when you are home alone. Also talk with your child about how police officers help adults too.

Help Manage Responses: When your child has a hard time dealing with another person's actions remind him/her that we cannot control what other people say or do. Explain that we *can* control how we respond to the situation. Take some time to talk through the situation with your child to come up with a positive response.

What are some of the special gifts you share as a family?



Service

Service is linked with generosity, doing things for others, knowing that one has something to offer to one's family, friends, and community in general. Service is about knowing that you can be helpful and contribute with what you have to offer.

Helping Your World: Teach your child about recycling and get him/her involved. Let him/her know that recycling is about using things again, such as cardboard, glass, plastic, paper. Have a container at home for recyclables and have your child help with this. When the milk is finished, ask your child to put it in the recycling bin. If you choose to, you can go further by exploring how recycling helps the planet, therefore giving your child the opportunity to feel that he/she is helping a greater cause, and making a difference. For some ideas, check out:
<http://kidsrecyclingzone.com>

Helping Your Family: Have your child play or read with a younger sibling and let him/her know how he/she is helping while you do other things.

Helping Your Community: At most grocery stores there is a place where you can donate to the food bank or similar organizations. Get your child involved and ask him/her to choose something

appropriate he/she would like to donate to the food bank and ask him/her to place it in the donation bin. Explain that this helps a lot of people who might not have food and that he/she is helping someone in our society.

Accepting Thanks: Show your child how to accept thanks from others. Say thank you to your child whenever your child does something nice for you, or listens to you when you ask him/her to do something, etc. This will also reinforce the positive things he/she says and does for him/herself and others.

Write Notes: Help your child write simple notes or email messages to a friend. Explain how this simple gesture can be rewarding for his/her friend and how these kinds of actions can create a stronger friendship.

Explore: Find out how police are involved in your school and community.

What does service mean to you and your family?

