



# Participation & Helping Out

When parents participate in community activities and help others, children learn how, too. Helping others and participating gives us a sense of purpose and helps us feel like we belong.

## SHARE “helping out” by participating with your child...

- Do helpful and kind things for your family and others together...
  - “Let’s wave to Mr. Jake. It lets him know we are thinking about him.”
  - “We can help Sarah put the plates out for dinner.”
- Point out helpful behavior and participation
  - “I see you brought a toy for Amir to play with, too. That was kind. It helped him be part of the game.”
  - “Aunt Karen plays the piano at the retirement home every week. The music helps the people there feel happy.”
  - “Thank you for helping. It feels good to do this job together.”



## ASK your child about participating...

- “It was so good to help, wasn’t it?”
- “What can we do to help others today?”

## PAUSE and THINK about ways to encourage helpfulness throughout the day....

- Passing out snacks
- Helping in your community
- Cleaning up, doing chores
- Saying helpful things
- Reading books about helpful characters
- Doing things with you

## AND babies and toddlers, too!

- Show you are happy when your baby gives you a smile.
- Show you are happy and say “thank you” when your baby gives you an object.



More FREE online resources to build your child’s resilience

[www.reachinginreachingout.com/parents](http://www.reachinginreachingout.com/parents) (videos, books, parent stories, articles, newsletter and more)