

Keeping the Kindness

Compassion, also known as empathy, helps us to be more deeply attached to other people's feelings, thoughts and experiences. Compassion begins to develop in the very first years of life and is most effectively taught through spontaneous interactions between children.

In the month of November, Kiddie Academy teaches compassion as part of their Character Education program. Here are just a few ways to bring out your children's warmth:

- When it comes to kindness, you are your children's primary teacher. Hug your little ones and express your love for them. Making them feel comfortable and loved will help them form bonds with others and build connections.
- "Tell me about a time..." – this is a great exercise to challenge your children. Try starting a dinner conversation by asking each family member what it means to be compassionate toward others. Have each person talk about a time they practiced compassion.
- Volunteering teaches toddlers and preschoolers about kindness, gratitude and community responsibility. Be on the lookout for ways to go out of your way for someone in need, and your child will take notice and soon begin to take part in random acts of kindness too.

As humans, we must nurture feelings of caring and respect for all living things. It can be a cruel world out there, so be the best role model you can be for your kids! For more information, visit www.kiddieacademy.com.



HAPPY BIRTHDAY!

12/02	Tonnie	12/22	Aliyah
12/04	Ahmir	12/26	Le Jon
12/06	Naomi	12/27	Zahki
12/08	Lytic	12/26	Ms. Christal
12/10	Reagan	12/29	Ms. Charlene
12/12	Julius	12/30	Mr. Trice
12/14	Thomas	12/30	Ms. Wynn
12/18	Angela		

Generosity: Giving as You are Receiving

"I cut. You choose." The age-old process for envy-free cake-cutting between two people (where one person cuts, one chooses the side they want first and the cutter receives the remaining piece) is an exercise in generosity and sharing no matter what your age. Each party both wants a sizeable portion of their preferred side of the cake, but both have opportunities to consider the other person's wants and feelings. Both have an opportunity to exercise generosity.

Generosity is a character trait most parents want their children to possess. However, giving selflessly to others and sharing cherished belongings or gifts can be a challenge for young children. This holiday season, whether you celebrate Hanukkah at home, Christmas with family or another treasured tradition, here are a few considerations for fostering a generous spirit with your children:

Talk to your kids about how giving helps: Studies show that parents who talk to their children about charitable giving can positively impact their children's philanthropic behavior later on. Have a conversation within the family about how we give back, whether money, time or energy, and who we give back to. Talk about the tremendous difference it can make in your community.

Give as you receive: Prepare for the gifts your family will receive before the holiday begins by donating toys, clothes, shoes, coats and other goods to causes in your community. Kids can learn to be thankful for the things they have by donating the toys they no longer use.

Practicing generosity at home: Encourage your children to identify ways in which they can help a family member or sibling with a chore, making a meal or homework. Model a generous spirit for your children by having them help to make a meal for a friend, deliver a box of outgrown clothes to charity or volunteer. It's important for our children to learn that generosity does not always involve money. Cut a piece of cake as a family and talk about how to practice generosity just by cutting and choosing.

Focus on the emotional results of generosity and the good feelings it produces as a way to promote further generosity. After all, giving is the greatest gift.

For more information, visit www.kiddieacademy.com. Happy holidays!

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DECEMBER

2019

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
		Angel Tree Project Begins				
8	9	10	11	12	13	14
					Angel Tree Project Ends	
15	16	17	18	19	20	21
					Holiday Party - All Classrooms	
22	23	24	25	26	27	28
		Center Closes at 2 PM	Merry Christmas Center Closed			
29	30	31				
		Center Closes at 2 PM				