Kimochis®

building a school-to-home connection

HOMELINKS WEEK 25

Proud

This week, your child learned about feeling **proud** and the Kimochis® *kotowaza* that accompanies pride: **"Proud of me … proud of you."** This saying inspires and encourages children to feel pride in themselves as well as others. Young children want to be recognized and acknowledged for their accomplishments. The emotion of pride develops as children develop a clearer sense of self. This occurs over time between the ages of 3 and 5. Children will watch others and try tasks they see them doing. Children also begin to evaluate themselves against others and become more interested in how they are evaluated by others.[1] Your child learned communication tools to both give and receive compliments as a way to feel pride and to celebrate the successes of others.

See reverse for ways your entire family can learn from this week's lesson!

1 Landy, A. 2009. Pathways to Competence: Encouraging Healthy Social and Emotional Development in Young Children. 2nd ed. Baltimore: Brookes Publishing.

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Coach Proud Feelings During Daily Activities

- Teach your child to give compliments. Prompt your child by saying, *"I see your sister is practicing patience with you while she waited to have a turn. You can say to her, 'I like how you wait for me.' "*
- Acknowledge your pride in your child. Focus on what you value, such as kindness, respect, responsibility, fairness, manners, patience, generosity, perseverance, resiliency, creativity. *"Max, I saw that you let your friend Carol go first. That was kind."*
- Whenever you are given a compliment, reply with, *"Thank you."* Give compliments to others, making them specific. For example, instead of saying just, *"Good job,"* identify exactly what you appreciate or admire: *"Good job setting the table so neatly! That was helpful."*

Family Fun: Playful Ways to Practice

- **PLEASE PASS THE PRIDE.** Dinnertime is an ideal time to share your appreciation for one another. Listening to compliments can feel overwhelming for some, so when you make this a tradition at mealtime, everyone can get more comfortable making eye contact, listening, and responding with *"Thank you"* when given a compliment. You can also respond with, *"That was nice of you to say."*
- **PROUDEST MOMENTS.** Help your child see that deep pride comes from accomplishments that did not come easily, but rather took effort, patience, and perseverance. Share a story with your child about something in your life that you are proud of that did not come easily. Share a story about something you watched your child accomplish that also did not come easily. Explain it is nice when things come easily, but when things take hard work and you do the work, this is something to feel deep pride in.
- **COMPLIMENTS OF THE FAMILY.** Get in the habit of giving specific compliments for things you value. Most people like to feel appreciated, and compliments are one powerful way to show appreciation. Likewise, what we get complimented for helps to develop our sense of pride. Even though your child is young, it is okay to use big words such as "generosity," "patience," "compassion." When you use these words over and over in context, your child will learn what they mean and grow in these important areas.

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