



Parent Newsletter

GROWING FRIENDSHIPS

Friendships are an important part of growing up, and young children are still learning what it means to be a good friend. Through everyday moments like playing together, taking turns, sharing ideas, and working through disagreements, children develop social and emotional skills that help them build meaningful connections. Families can support these skills at home by modeling kindness, talking about feelings, and giving children plenty of opportunities to practice being with others.

Scan the QR code to discover books that help little ones understand big feelings.



Talk About Feelings

Help your child name and understand emotions like happy, sad, frustrated, excited, or nervous. Recognizing their own feelings can make it easier for children to understand how someone else might be feeling, too.



Practice Taking Turns

Sharing and taking turns takes practice! Play simple games, build something together, or take turns choosing a book. Praise your child when you notice them waiting, sharing, or including someone else. With patience and practice, children learn how to cooperate and enjoy playing together.



Model Being a Good Friend

Children learn a lot by watching the adults around them. Let them see you listen, apologize, offer help, use kind words, and show appreciation for others. These everyday examples show children how kindness and respect can help build strong relationships.

KINDNESS FLOWER CRAFT



You will need:

- Marker(s)
- Scissors
- Glue
- Paper Plate
- Colored Paper



INSTRUCTIONS:

1. Cut 11-12 petals out of the pink paper.
2. Write kind words on each petal and with the black stickers, spell out Kindness Matters in the middle of the plate.
3. Glue on each petal going around the outside of the plate. Let dry.
4. Cut out two leaves and a stem with the green paper. Glue the stem to the back of the plate and leaves it to the stem.



Grow a Little Kindness

What makes someone a good friend?

Create a colorful Kindness Flower together and use each petal to explore ways we can show kindness to others. As you create, talk about simple ways your child can help, share, listen, and care for the people around them.

Source: <https://www.naturalbeachliving.com/kindness-flower-craft>

Tell Congress to Support Child Care for Working Families

Throughout September, we're partnering with Groundwork Ohio to advocate for affordable, reliable child care for first responders and working families! Scan the QR code to send a message urging your Members of Congress to protect and prioritize these critical investments.

