



Raising Kids with Character

A Framework:

Develop Character: Acceptance, Empathy, Forgiveness, Gratitude, Integrity, Patience, Perspective

Promote Independence: Confidence, Exploration, Moderation, Perseverance, Resilience, Responsibility

Nurture Well-Being: Balance, Care, Education, Health, Play, Transitions

Foster Community: Collaboration, Competition, Relating, Socializing

Helpful Strategies to Develop Character

- Encourage more play and socialization
- Support a practice of gratitude
- Focus on character and not accomplishment
- Prompt more conversation

Helpful Strategies to Promote Independence

- Let homework be individual
- Let my child hurt
- Care of self, home and others
- Hold my child responsible

Helpful Strategies to Nurture Well-Being

- Find time for family time
- Find time for down time
- Prioritize sleep
- Focus on nutrition and physical health

Helpful Strategies to Foster Community

- Set up play dates and other social opportunities
- Encourage care of home and community
- Support sibling relationships
- Identify go-to people
- Create a safe space to talk

