



FROM YOUR CFS **Wellness Specialist**



Cultivating Kindness

Teaching children to care for others

Parents often express the desire for their children to grow up to be kind and compassionate individuals who demonstrate kindness in their homes and communities. A common question they ask our CFS school counselors and wellness specialists is, “What steps can I take to help my children treat others with kindness?” Here are three practical suggestions.

1. Help Children Grow in Faith

Kindness is one of the fruits of the Spirit, as outlined in Galatians 5:22-23. These fruits grow as faith deepens. Helping children grow in faith—through worship, prayer, and discussing Jesus—builds a foundation for kindness.

2. Foster Empathy

Empathy, the ability to understand others' feelings, is closely tied to kindness. For younger children, empathy can be nurtured through storytelling and discussions about characters' emotions. For older children, encouraging conversations about their feelings and others' perspectives fosters deeper compassion.

3. Model Kindness

Children learn by example. Parents can model kindness by treating others with respect, offering encouragement, and showing patience. These daily acts demonstrate how to live out kindness and encourage children to do the same.

Be Patient and Consistent

Teaching kindness takes time. Children will have moments of selfishness or impatience, but consistent guidance and encouragement make a difference. Galatians 6:9 reminds parents to remain steadfast: “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

By nurturing faith, fostering empathy, and modeling kindness, parents can help children grow into caring individuals who reflect Christ's love in their lives.
