

## The Pillar of Month: February is the month of Caring



**Caring:** Caring is being kind, helpful, and generous to everyone. Caring people are not selfish; they are considerate and always think about how their conduct affects others. They have compassion and empathy; they care how others feel and they are charitable and forgiving. They do good deeds without thought of reward.

### **Caring Do's:**

- Show you care about others through kindness, caring, generosity, and compassion.
- Live by the Golden Rule: treat others the way you want them to treat you.
- Think how every decision, word or action will impact everyone.

### **Caring Don'ts:**

- Don't be selfish.
- Don't be mean or cruel.
- Don't be insensitive to the feelings of others.

### Create a Caring Climate in the Home

Here is a list of activities parents can do to create a Caring Climate at home:

1. Be kind to each other, you children, their friends, guests, and others.
2. Select at least one month to emphasize "caring."
3. When necessary, be firm but not harsh.
4. Make your home a caring place by establishing codes of conduct that discourage sarcasm, name-calling, labeling, or "put downs."
5. Frequently use words related to caring such as: *Kindness, love, concern, care, help, friendliness, caregiver, encourage, giving, selflessness, and patience.*
6. Encourage family members to recognize and acknowledge caring behavior in each other and in friends
7. Collect quotes, cards, articles, comics, and stories about caring. Share them with family members.
8. Select and discuss caring characters from literature, movies, and TV. Choose examples of uncaring behavior and verbally "rewrite" the scripts to show caring instead. Make opportunities to show caring in an active way. Select one project a week.
9. Create your own "random actives of kindness" plan. Select a good deed to do anonymously during the week.
10. Discuss what it feels like to be "left out."
11. When guests are in the home, ask them to describe caring acts which have affected their lives.
12. Send holiday cards.
13. Praise one another for caring behavior.
14. Share examples of caring from the day's experiences.
15. Have a family hug now and then.

## **Books on Caring**

*Those Shoes* by Boelts, M.

*Molly's Pilgrim* by Cohen, B.

*See You Tomorrow, Charles* by Cohen, M

*Abuelita Full of Life-llena de vida* by Costalese, A

*Andre, Angel in a Poodle Suit* by Danner, P.

*Two Good Friends* by Delton, J

*The Worry Stone* by Dengler, M

*Corduroy* by Freeman, D.

*Pheobe and Chubb* by Hall, M.

*The First Growing Field Adventure* by Hoog, M.E.

*Best Train Set Ever* by Hutchins, P.

*New Life: New Room* by Jordan, J.

*Foundling Fox* by Korschanow, I.

*A Gift for Abuelita* by Luenn, N

*What Great Thing Can Patches Do?* By Mitchell, S.

*That Dog!* By Newman, N.

*Jazmine's Incredible Story* by Sundberg, Peggy

*There's No Such Thing as a Chanukah Bush* by Sussman, S.

*Belinda's Hurricane* by Winthrop, E.

*May I Visit* by Zolotow, C.