



# THE iMPORTANCE OF KiNDNESS



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# TIPS AND RECOMMENDATIONS

**1**  
VALIDATE  
EMOTIONS  
BEFORE ACTING

**2**  
USE CLEAR AND  
POSITIVE  
INSTRUCTIONS

**3**  
ENCOURAGE  
INITIATIVE AND  
AUTONOMY

**4**  
ACCEPT IMPERFECTION AND  
MISTAKES

**5**  
IMPLEMENT  
REASSURING  
ROUTINES



## USE CLEAR AND POSITIVE INSTRUCTIONS



**Tip:** Instead of saying "Don't run!", try "Let's walk slowly, please." Positive instructions, phrased as what to do, are easier for the brain to understand and follow.

**Why:** This helps the child better understand what is expected of them, rather than focusing on what they shouldn't do, which can make them confused or frustrated.

## ACCEPT IMPERFECTION AND MISTAKES



**Tip:** When your child makes a mistake, instead of scolding them, show them that the mistake is an opportunity to learn. For example: “It’s okay, look how you can do it again together.”

**Why:** Accepting mistakes as an integral part of learning helps the child not to fear failure and to develop a positive attitude towards challenges.

## ENCOURAGE INITIATIVE AND AUTONOMY



**Tip :** Offer choices appropriate to your child's age so they can make decisions. For example: “Do you want to wear the red or blue sweater?” or “Do you prefer to tidy up your toys before or after snack time?”

**Why :** Providing choices allows the child to feel responsible and boosts their confidence in their decision-making abilities, while respecting their preferences.

## ESTABLISH REASSURING ROUTINES



**Tip :** Create daily routines and family rituals, such as a calm moment before bed, a time to discuss together, or a free play moment after school. It can also be the 5 things to do upon returning from school before playing! This sets a safe and predictable framework for the child

**Why :** Routines provide security and predictability, reducing anxiety and promoting autonomy and calmness.

## VALIDATE EMOTIONS BEFORE ACTING



**Tip:** When your child shows strong emotions (anger, sadness, frustration), take a moment to listen to them and tell them that you understand how they feel, for example: “I see that you are very angry, it's normal to feel this way sometimes.” Then, calmly explain the rules or consequences.

**Why:** This helps the child feel heard and understood, and teaches them to manage their emotions more calmly.



Positive Discipline -  
Jane Nelsen



Create family rituals to  
strengthen bonds



Encourage initiative  
with a table of  
responsibilities



Use an "emotional  
corner" to defuse  
conflicts



Model error as  
learning with open  
discussions



Encourage autonomy  
first thing in the  
morning with a  
choice ritual

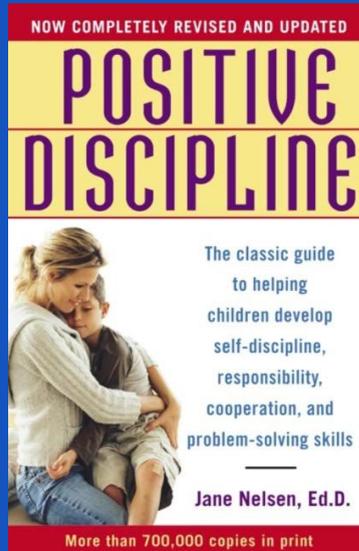




## USE AN "EMOTIONAL CORNER" TO DEFUSE CONFLICTS

**Practical resource:** Create a quiet space or "emotional corner" at home where children can go to retreat when they are angry or sad. This space can be equipped with cushions, books or reassuring objects.

**Why it's helpful:** Teaches the child to recognize and manage their emotions independently. It also helps defuse conflict by providing a place to regroup before returning to the situation more calmly.



## POSITIVE DISCIPLINE - JANE NELSEN

**Description:** This book is a must-read for parents who want to take a caring and respectful approach to parenting. Jane Nelsen offers concrete strategies to support children's development while setting clear and consistent boundaries.

**Why it's useful:** It offers practical tools based on care, mutual respect, and the promotion of autonomy.





## CREATE FAMILY RITUALS TO STRENGTHEN BONDS

**Practical resource:** Organize a daily moment of sharing (e.g., a screen-free family dinner where everyone shares their "best moment" of the day).

**Why it's helpful:** Rituals create a safe and predictable space for children. They strengthen communication and show children that they matter and are heard, while cultivating moments of family connection.



## ENCOURAGE INITIATIVE WITH A TABLE OF RESPONSIBILITIES

**Practical resource:** Create a responsibility chart where each family member, including the child, can check off their tasks (e.g., putting away their toys, helping to wash dishes, etc.). For the little ones, use pictograms.

**Why it's useful:** This helps value children's autonomy by assigning them age-appropriate responsibilities, while also providing a visual and fun way to track their progress. It's also a way to congratulate them for their efforts.



## ENCOURAGE AUTONOMY FIRST THING IN THE MORNING WITH A CHOICE RITUAL

**Practical resource:** Create a morning ritual of choice for children, such as leaving is choosing your outfit or morning music. Offer them two or three limited options that they can choose independently.

**Why it's useful:** It gives kids a sense of control and responsibility from the start of the day. The rituals of choice allow them to develop their independence while remaining in a reassuring and organized environment.



## MODEL ERROR AS LEARNING WITH OPEN DISCUSSIONS

**Practical resource:** Host a monthly family meeting to discuss mistakes, challenges, and solutions as a family. For example, after a conflict or mistake, share your own experiences of failure and what you've learned. Encourage children to do the same.

**Why it's useful:** Create a family culture where failure is seen as an opportunity to learn, not a negative. This shows that everyone, including parents, can learn from their mistakes and fosters empathy and solidarity within the family.