

Children See Children Do

Tip Sheet 4

Participation and Helping Out

When parents participate in community activities and help others, children learn how, too. Helping others and participating gives us a sense of purpose and helps us feel like we belong.



SHARE “helping out” by participating with your child

Do helpful and kind things for your family and others together

- “Let’s wave to Mr. Jake. It lets him know we are thinking about him”
- “We can help Sarah out the plates out for dinner.”

Point out helpful behavior and participation

- “I see you brought a toy for Amir to play with. That was kind. It helps him be part of the game.”

- “Aunt Kren plays the piano at the retirement home every week. The music helps the people there feel happy.”
- “Thank you for helping. It feels good to do this job together.”



ASK your child about participating

• “It was so good to help, wasn’t it?”

• “What can we do to help others today?”



PAUSE and THINK about ways to encourage helpfulness throughout the day

- Passing out snacks
- Helping in your community
- Cleaning up, doing chores
- Saying helpful things
- Reading books about helping characters
- Doing things with you



AND babies and toddlers too!

- Show you are happy when your baby gives you a smile.
- Show you are happy and say “thank you” when your baby gives you an object.

Reaching IN...Reaching OUT[™] (RIRO),

is a set of resilience skills trainings designed to strengthen well-being and resilience in adults and children through role modeling and relationships.



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Help out



Encourage Participation



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