



the family values toolkit

For Children Birth to Age 2

This Month's Featured Value Is: **Courage**

Courage is the willingness to take action despite fear of failure or negative outcomes. This essential quality gives us strength to face the challenges both great and small that confront us in our daily lives.

What Can Parents Do to Nurture This Important Value?



First, Set Goals:

Build your child's confidence and willingness to confront his or her fears.

Young children constantly push themselves to master new skills despite their fears of getting hurt. For example, toddlers will persist in getting up and trying to walk even though they repeatedly fall and land on the floor. This inner push toward growth and achievement in spite of bumps and bruises is an early form of courage.

The more young child confront physical challenges, such as learning to run and climb, the more capable they feel, and the more likely they are to take on new challenges in the future.

Next, Take Action! Try These Activities:

- ✓ **When your toddler is afraid of something, play a game or read a book** together to address what they fear (e.g., a big dog, thunder). Encourage your child to switch roles and pretend to be the thing he or she is afraid of. For instance, read "Where the Wild Things Are" with your kids; let them role-play the wild things or even make wild thing puppets out of paper bags and put on a puppet show.
- ✓ **Make up an affirmation** for them to say when they're afraid.
- ✓ **Encourage small feats of independence**--this can help build children's confidence and willingness to confront their fears.
- ✓ **Praise your children when they try an activity that's new for them.** Leave them alone to experiment with play on their own.
- ✓ **Don't let them see you panic** when they fall down.

Then, Report Back!

Share your stories of success, your challenges, and overall experiences with others in our community @

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