



the family values toolkit

For Children Ages 14 to 18

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

Patience is the ability to endure trying situations without complaining or quitting. Patient people are self-controlled; they remain calm and relaxed in the face of pain, frustration, or tedium. Patience implies an understanding that bad times can improve and rewards may arrive at some point in the future. Patience is related to perseverance--the capacity to continue in some effort despite difficulty or opposition.



What Can Parents Do to Nurture This Important Value?

First, Set Goals:

Help young adults recognize that patience and perseverance--when combined with well-timed action--can bring long-term rewards.

Young teens and preteens have similar tendencies toward impatience--unless the task or activity is very important to them. As they move toward adulthood, however, they gradually accept waiting as a part of life, whether it's waiting for traffic to clear at an intersection or waiting for graduation day. They also begin to realize that to reach a goal, you must be patient. Studying requires perseverance. Jobs, promotions, and pay raises don't happen instantaneously but have to be earned over time. It's important to remember, however, that patience is temperamental as well as developmental. Some people are naturally patient; others will struggle with it throughout their lives.

Next, Take Action! Try These Activities:

- ✓ **Give your kids an allowance or help them find a job. Encourage them to save up for something big,** like a stereo or even a down payment for a car. This will help them participate in their own purchases, and it will help them develop the patience to plan and wait for a significant item. Share with your teen the ways in which you're saving to pay for his or her education, and have them join you in putting away money for college.
- ✓ **Model adult forms of patience** by not honking (or cursing) when stuck in traffic. If you're in a situation where you are waiting for a long time (in a doctor's office, at a restaurant), speak up politely.
- ✓ **If your teen is experiencing frustration or impatience, ask them to take a walk with you. Then, as you're taking a turn around the block, start up a dialogue about the problem.** Talking while walking is one of the best ways to alleviate stress and reduce impatience. It also allows you as a parent to give situation-specific advice to your teen--while you get some exercise!

Then, Report Back!

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

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