



# the family values toolkit

## For Children Birth to Age 2

### 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:

**Gradually stretch a toddler's ability to wait for a few minutes before having his wishes or needs satisfied.**

Babies and young children have very little capacity for patience, since they are naturally focused on meeting their needs at the exact moment they experience them. A toddler has no concept of time, whether past or future--so telling him "Dinner will be ready in five minutes" or "Be patient" is meaningless. Parents have to work around these limitations by getting creative, for instance distracting children with songs, games, or toys.

#### Next, Take Action! Try These Activities:

- ✓ **Make up a jingle for your child to sing about waiting**, such as (to the tune of "Frere Jacques"): "We are waiting, we are waiting for our turn, for our turn. We are very patient, we are very patient, while we wait, while we wait."
- ✓ **Begin to help older toddlers grasp the concept of time by talking about the sequence of activities:** "First we'll go to the park. Then we'll have lunch. Then it will be time to play with Justin."
- ✓ **When all else fails, model patience with your own behavior.** While your children may be too young to behave patiently, they're not too young to absorb how calmly you handle setbacks or wait for things you want.

#### Then, Report Back!

Share your stories of success, your challenges, and overall experiences with others in our community @ [responsibilityproject.com/familyvalues](https://responsibilityproject.com/familyvalues)