



# Welcome to 'Harbucks' Virtual Coffee House

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**Harvard University: Raising  
Caring, Ethical, Respectful  
Children:  
May 21, 2021**



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# Ask the Experts....



- Harvard University from the “Making Caring Common” project
- Angela Duckworth, Ph.D. Teens and Self-Control



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# The Making Caring Common Project



- Research in human development shows that the seeds of caring are within each individual
- They need to be watered in order to grow



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# The Making Caring Common Project



- Wouldn't life be nice if...
- A short movie made by "The Norwegian Directorate for Children, Youth and Family Affairs"
- [https://www.youtube.com/watch?v=OTH6Q\\_S16qQ](https://www.youtube.com/watch?v=OTH6Q_S16qQ)



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# The Making Caring Common Project



- **Cultivating caring is important because**
  - **It's the right thing to do**
  - **It will improve our child's lives**
    - **Being kind to others helps us to feel better about ourselves**



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# The Making Caring Common Project

- How do we do this?
- The Harvard Project has come up with 7 guideposts



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# The Making Caring Common Project



- **#1: Loving Relationships w/ Kids**
  - Work to develop caring, loving relationships with your kids
  - When your kids feel loved, they learn how to form attachments with others



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# The Making Caring Common Project

- An interesting video about attachment:
- <https://www.youtube.com/watch?v=Ch0OExRLT4Q>



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# The Making Caring Common Project

- How to do this:
  - Build in regular time together
    - Shared activities
    - Predetermined times
  - Have meaningful conversation
    - Use “turn-taking” to ask questions
    - “Best part of your day...”

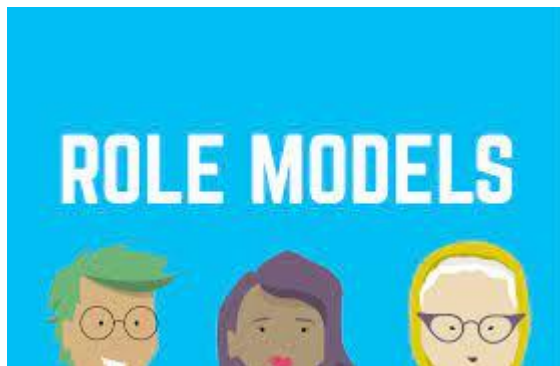


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# The Making Caring Common Project



- **#2: Be a Role Model**
  - Be a strong moral role model and mentor
  - “Walk the Talk”
  - Pay attention: honesty, fairness, caring, solving conflicts peacefully, spending time talking through difficult issues, sharing feelings

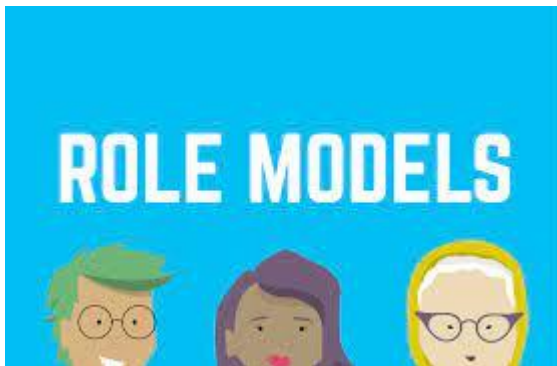


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# The Making Caring Common Project



- **How to do this:**
  - **Service**
  - **Honesty, humility, mistakes**
  - **Check-in for feedback when struggling**
  - **Self-care: prayer, walks, mediating**

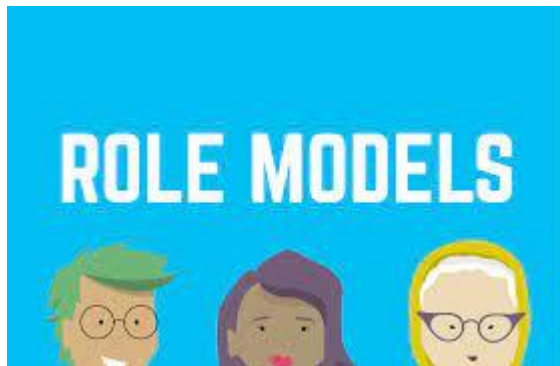


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# The Making Caring Common Project



- An interesting video:
  - <https://www.youtube.com/watch?v=Ytwpzz3NCcI>



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# The Making Caring Common Project



- **#3: Ethical Expectations**
  - **Make caring a top priority**
  - **It is equal to one's own happiness**
  - **Kids today aren't hearing this**
    - **Not about indulgence**
    - **About gratitude**



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# The Making Caring Common Project

- **How to do this:**
  - **The most important thing: happy AND kind**
  - **Ask if your child is a good community member**
  - **Go beyond grades**
  - **Work it out → keep obligations**



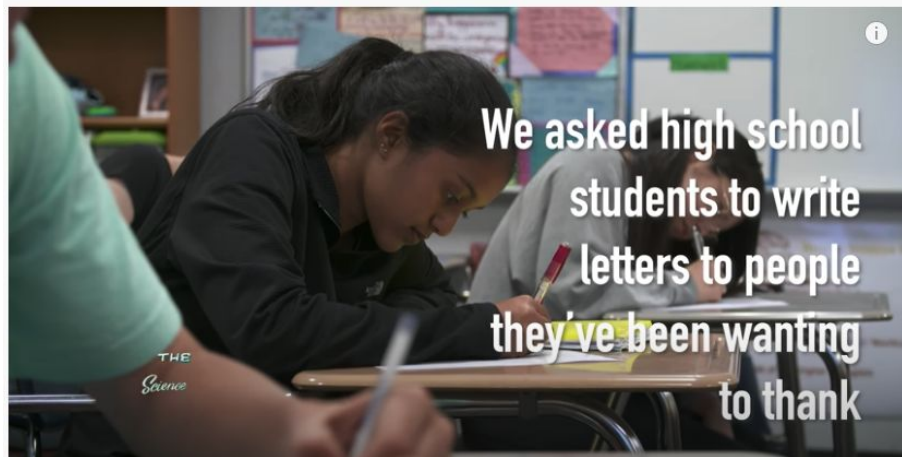
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# The Making Caring Common Project

- **#4: Provide Practice Opportunities**



- Kids need this practice
- Expressing gratitude → more helpful, generous, compassionate and forgiving
- <https://www.youtube.com/watch?v=aqLXGiqT2ZE>



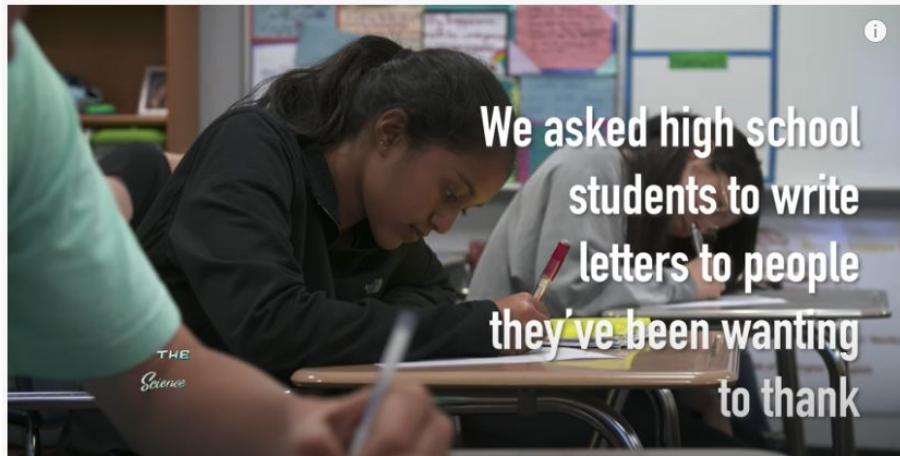
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# The Making Caring Common Project

- **Family meetings**



- A time to teach caring and fairness but also listen to children as they express their views
- <https://raisingchildren.net.au/pre-teens/behaviour/encouraging-good-behaviour/encouraging-good-behaviour-teens>



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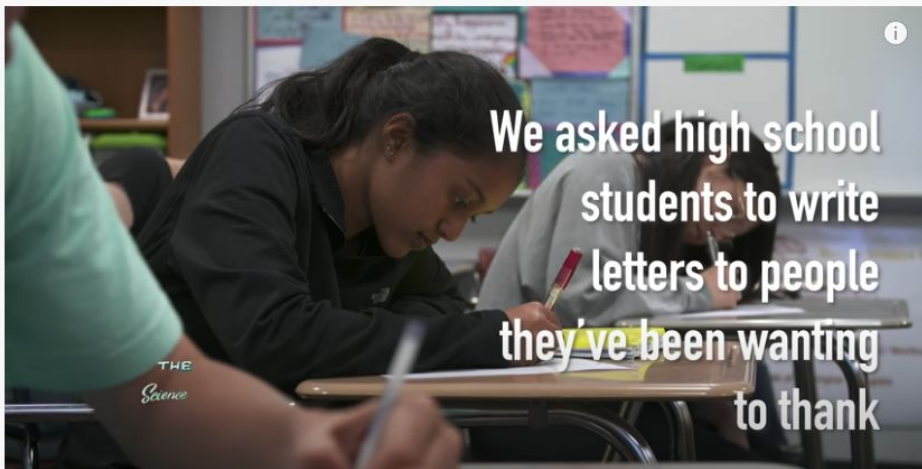
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# The Making Caring Common Project

- Give them real responsibilities
  - Expect them to help routinely
  - Only praise uncommon acts of kindness
  - Routine acts → Ingrained
  - Encourage thanks → Ritual
  - Focus on caring and justice
    - Seeing/hearing on the news



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# The Making Caring Common Project



- **#5: Expand Circle of Concern**
  - The goal is to help them empathize about people outside of their circle
  - The new kid
  - The new custodian
  - Someone in a distant country



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# The Making Caring Common Project



- **How to do this:**
  - **Zoom in: by listening closely**
  - **Zoom out: big picture**
    - **Who do they interact with every day?**
    - **How do their decisions impact others**
    - **The community?**



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# The Making Caring Common Project



- **How to do this:**
  - **Talk about other children facing challenges**
  - **Zoom out using a newspaper or story from another country/community**
  - **Teach them to practice listening**



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# The Making Caring Common Project

- **#6: Promote Ethical Thinking and Positive Change**
  - 4th grade → abstract thinkers
  - Wondering about fairness
  - Ethical questions
  - Conflicting loyalties
  - Leadership roles to improve their communities



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# The Making Caring Common Project



- **How to do this:**
  - **Help them think through their ethical dilemmas,”Should I invite my new neighbor to my party even if my friend doesn’t like him/her?”**
  - **Think out loud**
  - **Doing with/doing joining groups**
  - **Taking action against problems**



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# The Making Caring Common Project

- **#7: Promote self-control, manage feelings**
  - The ability to care for others can be swamped by anger, frustration
  - Self control:
    - Stop
    - Breathe through the nose
    - Count



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# The Making Caring Common Project



- **#7: Promote self-control, manage feelings**
  - Practice how to resolve conflicts
    - Role play
  - <https://www.youtube.com/watch?v=-sLWG8oseao>



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## **Questions & Discussion**



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**THANK YOU  
FOR JOINING US!**



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