

# Children see, Children do!

## Children see:

You promise to go to the park after dinner, but now you're too tired to go.

## Children do:

The same thing.

Your daughter tells a friend she'll share her popsicle but runs off rather than dividing it.

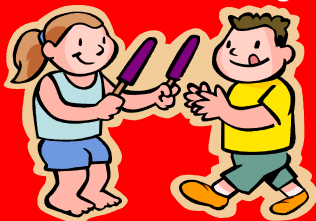
## Teachable Moment

### Children see:

You tell your child you are tired and offer to play with her in the back yard.

### Children do:

Your daughter breaks her popsicle in half and creates a life-long friend.



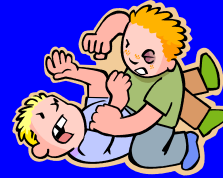
## Children see:

You get mad and hit the table with your fist.

## Children do:

The same thing.

Your son gets mad at a friend and hits him.



## Teachable Moment

### Children see:

When you are angry, you count to ten and take a deep breath before you react.

You use words to voice your anger.

### Children do:

Your son will use words to deal with anger rather than hitting or tantrums.

"I'm angry at you for not sharing!"



### Children see:

You tell a little white lie when you refuse a phone call because "you're not at home".

### Children do:

The same thing.

Your daughter tells a friend that "Mommy said it's OK to split a can of soda." without your permission.

## Teachable Moment

### Children see:

You ask if you can return the phone call when you are not so busy.

### Children do:

Your daughter tells her friend that she's not allowed to get a soda without asking first.

# Teachable Moments happen every day!

