Children learn kindness by watching people display kindness. Here is a list of things you can do to show kindness to your children. You can explain to your children what a random act of kindness is all about. Let them know you are doing this in celebration of being kind. For ideas on how your children can show kindness to you and their siblings visit http://naturalparentsnetwork.com/60-acts-of-kindness-for-our-families/

15 Acts of Kindness for Your Child

1. A special surprise parent-child "date"
2. When your child does something annoying, let it go instead of correcting or lecturing
3. A colorful and bright "I love you" note (just like they would make for you) tucked somewhere (lunch box, under a pillow)
4. Plan an activity so that your little one can make a big mess – without your accompanying frustration at having to clean it up
5. Have an evening of music and dancing at home
6. Read extra books at bedtime
7. Take a day off of everything except your child (turn off the TV, computer, etc.)
8. Hold a kid's movie night (at home or out)
9. Plan special day trips (children's museum, an out of the way park, baseball game)
10. Have cake for dinner
11. Frame one of their drawings and hang it somewhere prominent
12. Create something for your little one (a book, a shirt, a cape)
13. Go on "kid time" for the day, not "adult time" (i.e., spot your preschooler as s/he walks the curb like a tightrope outside of the store, let them walk around at their own pace to examine everything, etc.)
14. Wear dress up clothes out and about for fun
15. Write your child a letter and put it in the mail

Happy February!