

MUTTIGREES AT HOME®



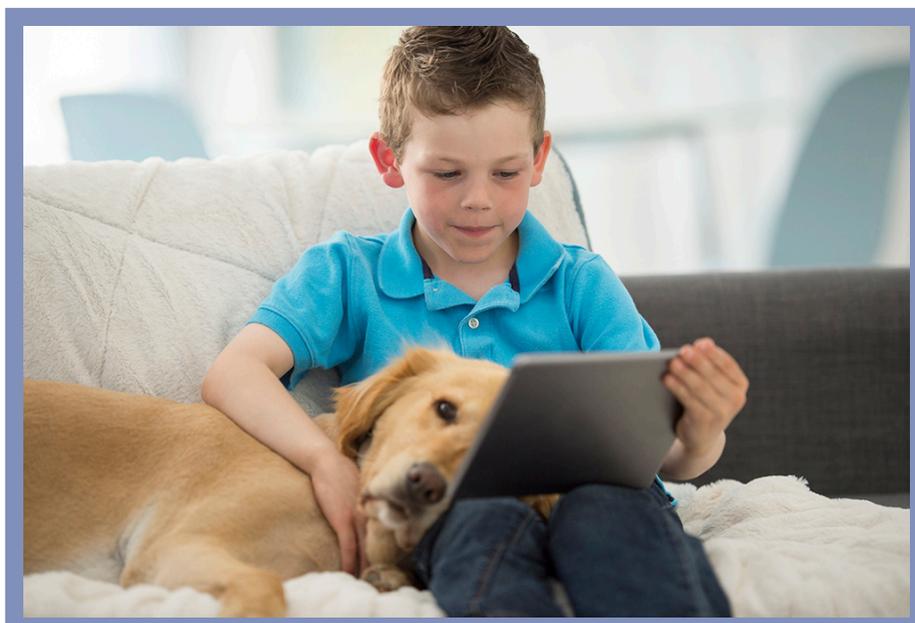
RAISING HAPPY AND COMPASSIONATE CHILDREN

You've heard it said before: You are your child's first and best teacher, not only in infancy and the early years, but throughout childhood and adolescence.

Every moment with your child is a teaching moment. Children are observant, watching you and learning from your actions. They see how you talk to other people, how you act when you're upset or stressed, and how caring you are. While other role models will emerge, none will be as influential as you — the parent — on their behaviors, choices, and abilities.

Muttigrees At Home builds and nurtures the skills that lead to **empathy** and **compassion**, encouraging children to take care of themselves, others, the environment, and animals. We do this by focusing attention on lovable shelter dogs. Evidence shows that the presence of, or focus on, dogs — whether they are real or virtual (for example, during discussions or reading about dogs, or seeing videos and pictures of dogs) — contributes to **happy, calm feelings**.

Muttigrees At Home is divided into 5 sections: **Achieving Awareness, Finding Feelings, Encouraging Empathy, Cultivating Cooperations** and **Dealing with Decisions**. Each section has 3 activities. One of these activities is in this sample pack for you to try. Each of the activities may be implemented in various ways, either as part of a daily routine or, for example, by reading a book. Is easy-to-implement, fun, and rewarding for both you and your child.





Achieving Awareness

What I Like About Me, What I Like About You What's It About?

You already know there are lots of things to love and **admire** about your child. Helping them discover the things they like or **admire** about themselves and others will:

- 🐾 Enhance their self-acceptance and self-confidence.
- 🐾 Give them awareness of their **strengths** and importance in the family.
- 🐾 Grow their appreciation of the other people in the family.
- 🐾 Help them be more aware of their behavior.
- 🐾 Improve their interactions with others.

Learning how other members of their family perceive them, particularly hearing about their **strengths** and **talents**, will increase their self-esteem and improve family relationships.

Let's Talk About It

We've learned how to describe our traits and characteristics, and what makes each of us special. Now let's talk about what we like about ourselves and what we like about each other.

Think about the things you like about yourself.

- 🐾 You might like something about the way you look on the outside — how long your hair is, your cool glasses, or your great smile.
- 🐾 You might be really proud of a **talent** or something you can do — playing soccer, riding your bike, how well you can draw, or being a really good reader.
- 🐾 You could be proud of what a good friend you are, or that you share toys and games with your brother or sister.

Now, think about the things you like and **admire** about the other people in your family.

- 🐾 It might be how they behave, how they look, or the things they can do.
- 🐾 It's nice to let members of your family know when you like something about them. Hearing from someone in your family that you do something well and are appreciated can really mean a lot.





Achieving Awareness

Taking It Further

Phew ... I Did It!

Discuss how sometimes we are most proud of ourselves after **accomplishing** something that was hard or scary. Being brave is doing something that makes you feel scared.

- 🐾 Ask your child to tell you about a time they felt afraid.
- 🐾 Were they able to overcome these feelings? What techniques did they use?
- 🐾 Help them think of strategies to use next time they are afraid.
- 🐾 **Encourage** them to feel proud of their **accomplishment**.
- 🐾 Tell them how proud you are of them!



What About You?

Take some time to really look at yourself in the mirror and acknowledge the things you like about the way you look. Though this might feel weird at first, it's very important to identify things you love about yourself. If you have trouble doing this, try looking back on your view of yourself when you were growing up. How did you think of your body and appearance when you were younger? Thinking about these things can help you see the times when you might have developed a negative body image, and help you change how you view yourself today.

Children notice everything you say and do, and they act on the cues they pick up. A great rule of thumb: If you wouldn't criticize your child for the way they look, don't criticize yourself.

Practice **admiring** and respecting the things that make you unique.

List your **strengths** and **accomplishments** and review them regularly.



What I Like About You ... A-Z

Play this back-and-forth compliment game with your child: "Tell me one thing that starts with an A you like about me, and I'll tell you one thing that starts with a B I like about you." It can be a physical trait you **admire**, a behavior you like — get creative!

Go as far as you can alternating through the alphabet. Or, you can start at Z and go backwards.

YIP TIP™