

Teach a child to share

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If your child never experiences disappointment, they will never learn how to handle it and grow from it. The truth is that we do not always get to have things our way, but that does not mean that it is unfair.

It is also important for your child to learn to delay gratification. If they always gets what they want as soon as they want it, they are likely to be less grateful for what they already have. They can save their allowance to make

a special purchase, or make careful choices about what they really want to ask for when their birthday comes around.

When fair is no longer about getting what you want right now just because someone else has it, then your child can start to see fairness in a different light. They start to develop empathy when they can see that it is fair when everyone has what they need.

Help your child look for opportunities to practice real fairness. This might mean

asking a child who is sitting alone to come and play. Maybe they would like to pick out an item or two at the grocery store to donate to the food bank. They could share their toys with their sibling.

There will still be times when your child insists that it's not fair, but if you can keep the focus on everyone getting what they need rather than getting exactly what someone else has, they will come to understand the real meaning of fairness.