



# HOW TO APOLOGIZE FROM THE HEART

Toddlers and pre-schoolers tend to need help to understand why they should say sorry when they have done something wrong.

Some simple steps to guide them to apologize from the heart:

- **Empathize.** Help them to notice what emotions the other person is displaying and may be feeling, and to consider how they would feel if they were in the other person's shoes.
- **Focus on future change.** Encourage your child to have a plan for how they act differently in future.
- **Take steps to make it right or better.** Ask them or suggest ways to make amends - e.g. share a toy if one was snatched, get a tissue if the child is crying.

You can guide them to say sorry using these simple prompts:

- 1) **I'M SORRY FOR...**
- 2) **IT WAS WRONG BECAUSE...**
- 3) **IN THE FUTURE, I WILL...**
- 4) **WILL YOU FORGIVE ME?**

Source: <https://www.parents.com/toddlers-preschoolers/development/social/learning-to-say-im-sorry/>



# S IS FOR SON



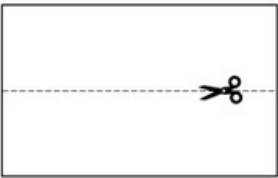
# BIG HUG CRAFT

## Materials Needed:

- 2 pieces of A4 Construction paper
- Pencil / Pen / Colour Pencil
- Scissors
- Glue / Tape

## How to do:

### Step 1



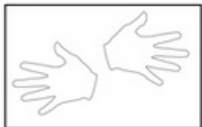
Fold 1 A4 paper into half and cut.

### Step 3



Using another strip of paper, draw a head and neck. Cut the outline.

### Step 5



Draw the outline of the child's hand onto a A4 paper. Cut out the outline.

### Step 7



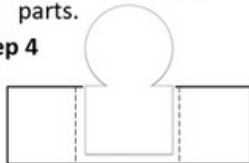
Draw a face onto the circle. Colour it.

### Step 2



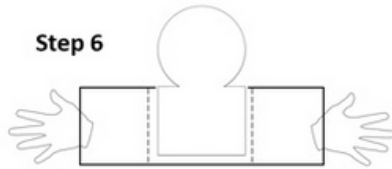
Fold a strip of paper into 3 parts.

### Step 4



Paste the cut out onto the folded paper.

### Step 6



Paste the hand on each side of the craft.

### Step 8



Daddy and Mummy, write a personal love note to your child and remind them you love them no matter what.

Make this simple craft as a reminder to your child that they are loved no matter what they have done, and that they can always come back to you for a fresh start.



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