

Fostering Tolerance

For Parents

Continue to seek out new interactions and experiences for your child, because the root of tolerance is in not feeling threatened by something or someone new or different.

For Very Young Children

- ❖ Adventure together to a different part of town, a new park, another shopping center.
- ❖ Model your lack of anxiety in these new situations.
- ❖ Try a different means of transportation together; a train or light rail ride, a harbor boat trip; a bus ride, a horse-drawn wagon, etc.
- ❖ Present new experiences as a routine part of life, but remember to praise your young child for accepting the new situation without a fearful response.
- ❖ Encourage your child to taste new and different foods.

For Older Elementary School Children

- ❖ Discuss with your child the balance between safety and meeting new adventures. Work to develop their sense of what is appropriate and encourage them to try new things while in your company and under your supervision.
- ❖ Be alert to judgmental statements and work with your child to correct them when possible.
- ❖ Model tolerance when you travel to different geographic areas together, showing your acceptance of others as you relate to new people.
- ❖ Cook new ethnic foods together, later visit a restaurant that serves the same sort of food.
- ❖ Watch for open houses or public events at different community centers, schools, or churches and attend them together.

For Middle Schoolers & Teens

- ❖ Continue to be a role model as you demonstrate tolerant behavior and willingness to meet new people.
- ❖ Discuss any intolerant behaviors you hear in a calm, forthright manner. Talk about how these attitudes develop and how they can be avoided.
- ❖ Sign up for a class together that features something completely new for both of you. Many recreation departments offer inexpensive classes in everything from archery to folk dancing.

- ❖ Many families have ancestors from several different parts of the world. Explore your ancestry together and then learn more about the countries of origin and their lives there.
- ❖ Go outside your neighborhood to attend special celebrations together such as Chinese New Year or Cinco de Mayo.
- ❖ Continue to emphasize the use of good judgment in meeting new situations. It is important to be tolerant of different people, but not wise to go off in a car with someone new.