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Parents - If you haven't already read the pages on "Developing Character in Your Children," you might want to go there first before reading these pages.



Parents -

Be aware of the times children usually show impatience and use those times to gently remind the children often of the need for patience:

- **Waiting for mom to finish talking to another adult**
- **Waiting their turn in line**
- **Waiting for mom to give them a snack**
- **Waiting to go on a special outing**

Couch Training

Some parents have learned that they can train their very young children to sit quietly and patiently through church services, etc. by practising in increasing time increments at home sitting together without noise or wiggling on a couch.

This training takes time and patience on the parent's part, but the results are amazing!



Patience vs. Restlessness

"Accepting a difficult situation without giving a deadline to remove it."

Training up Responsible Children

First of all, the most important way you can teach patience to your children is to model it yourself. However, be cautious not to slip too far into leniency with your children, which can enable them to become lazy or irresponsible.

Make the most of daily, real-life situations to teach patience. For example,

When children are required to wait, encourage them to use the time to memorize something, plan an activity, read or draw. Help them see that waiting time can be fun and productive.

Suggest that they play a game while they are waiting. Some games are suggested on the "Just for Kids" page.

Help them understand that delay and waiting is part of almost any process of getting to do what we want. Encourage them to persevere when faced with delays.



Here's an idea-

Get disks (foam or wooden ones are available in craft stores) and a large jar. Each child has his own color of token. When a child shows patience, award him or her with a token to go in the jar.

When a child shows impatience, remove one of his tokens from the jar.

Let them use a specified number of tokens to obtain a special reward or privilege at the end of the week.