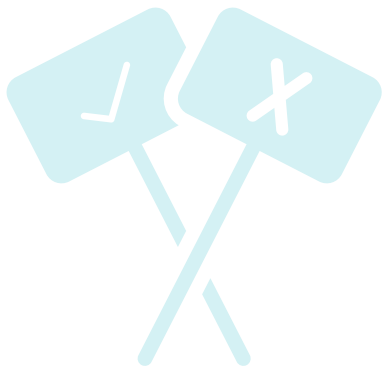
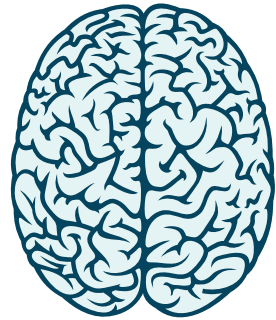


SORRY

WHY WE SHOULDN'T MAKE OUR KIDS SAY SORRY AND WHAT TO DO INSTEAD

WHY NOT SORRY?

Toddlers and young children's brains aren't quite ready to be able to put themselves in someone else's shoes yet. By making them say sorry, you're teaching them to do as they're told rather than teaching them social and emotional skills



WHY MAKE AMENDS INSTEAD?

If we teach a child to make amends, we teach them to take responsibility for their actions and their impacts on others and their relationships. We help them learn crucial social and emotional skills for navigating the world.

WAYS TO MAKE AMENDS

"How can you make them feel better?"
"Let's check and see how they are feeling"
Offer an ice pack or a toy

MODELLING APOLOGIES

Rather than teaching and demanding kids say sorry, we can model the apology for them.

WHAT HAPPENS IF WE TEACH SORRY?

We teach kids that it's okay to lie about feelings.
They learn not to trust their own feelings.
Kids learn to pretend to be remorseful.
They don't experience the internal feeling of remorse.

