

# MENTORSHIP

## Parent Resource

### What is mentorship?

Mentorship means giving or asking for support, guidance, training or expertise.

As your child gets older, he or she will begin to understand how mentors can help him or her achieve his or her goals.

#### In grades three through five, children begin:

- ✓ Helping others in the school and community.
- ✓ Knowing when to ask someone he or she trusts for support and guidance.
- ✓ Practicing decision-making and treating others with respect.

#### Below are ways you can help your child learn, practice and demonstrate mentorship:

##### ASK FOR AN EXAMPLE



Ask your child how he or she can share expertise or guidance. Ask your child for examples of ways to share knowledge include leading a group project or teaching a classmate or younger sibling a skill.

##### IDENTIFY A ROLE MODEL



Discuss with your child the qualities of someone he or she admires, such as a teacher, coach or family member. Encourage your child to have a conversation with this person to find out if he or she had a mentor that impacted his or her life. Discuss with your child how mentorship is a cycle that impacts many lives.

HELPING YOUR CHILD UNDERSTAND THE IMPORTANCE OF ASKING FOR HELP AND HELPING OTHERS CAN POSITIVELY IMPACT HIM OR HER NOW AND IN THE FUTURE.



#### SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Identifying opportunities to actively participate as a mentor or role model in the school or community.



Identifying potential mentors in the school or community based on areas of interest.



#### DINNER TABLE CONVERSATION STARTER

Discuss with your child how you have mentored someone in your life or how you benefited by being mentored. Each family member can share examples.