

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 kindergarten through second grade, children begin:

- ✓ Understanding the importance of asking for help.
- ✓ Recognizing characteristics of a helpful person.
- ✓ Practicing decision-making during daily activities.

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

ASK YOUR CHILD FOR AN EXAMPLE



Ask your child to describe a time when he or she asked for help, or a trusted adult showed him or her how to complete a task. Some examples include receiving help with homework or being taught how to play a sport or game.

ENCOURAGE YOUR CHILD



Encourage your child to identify some ways he or she can demonstrate mentorship. Some examples include helping others and supporting friends.

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 the roles and responsibilities of trusted adults.



Identifying when help is needed and who to ask for help.



DINNER TABLE CONVERSATION STARTER

Discuss with your child the importance of learning from others. Each family member can share an example of a skill he or she learned from someone else and the benefits of asking for guidance from a trusted individual.