

CARING



Composed of **empathy** - feeling another's joy and pain and **sympathy** – recognize that another person is feeling joy or sadness. Without caring, a child cannot think beyond their immediate personal needs or be concerned about the welfare of another.

Role-Model

- Listen to your Little and incorporate his/her thoughts and emotions into the friendship.
- Apologize to other match parties if you don't fulfill program guidelines or if you unintentionally upset them.
- Talk about your commitment to family, relationships, and work responsibilities. Share why these commitments are important to you

Actively Listen

- Show a genuine desire to learn about the things your Little talks about.
- Acknowledge the unique ways your Little expresses caring.
- Show caring in the match through your consistent commitment, even in times when you feel your Little is not doing so.

Provide Opportunity

- Provide opportunities to demonstrate caring that align with your Little's interests (volunteer, write a card, adopt a cause together, complete a road race or walk for charity, etc.).
- Plan and execute a random act of kindness together. For example, clean something without having to be asked.
- Appreciate the people who work hard make your match possible – specifically a Little's guardian and the staff / supporters of BBBSMB. Simple acts like a note, email or picture can invigorate someone who does the inglorious work behind the scenes in your match