



BUILDING HEALTHY HABITS

Seeing Each Other with Grace

Hey there, Parents and Caregivers,

March is **Women's History Month**, a time to honor the women who came before us and reflect on how we treat the women around us today. History isn't just about the past; it is being shaped in the everyday moments of how we see and support one another.

Relationships between women can be tricky and sometimes hard to understand—**especially when life's pressures make it difficult to see each other clearly**. A mother and daughter may struggle to understand each other, not realizing they both want love and validation. A teacher and parent may not see eye to eye, even though they both care about the same child. A coworker may seem distant, not because of you, but because of what she is carrying.

The truth is, women carry a lot. Sometimes, that weight affects how we show up—**how we speak, how we listen, and how we react**. It is easy to see someone as “the other,” when in reality, we are more alike than we realize.

But what if we paused to see each other with kindness? What if we assumed the best in each other, even in difficult moments? When we lead with kindness instead of judgment, **we create stronger relationships**—and a better example for the young girls watching us.

So this month, let's commit to showing up with **patience, understanding, and kindness**.



Early Childhood/ HRL Preschool

Did You Know? Connection Shapes Relationships

Studies have shown that children as young as 1 year old can understand when someone is upset and try to help. This means they learn empathy early by watching how adults treat others and the relationships around them. They see how we speak, how we listen, and how we show kindness—even in tough moments.

Cool Fact: A child who experiences patience, kindness, and respect at home and school is more likely to show those behaviors with others. When children see kindness in action, they learn to do the same.

Small connections like these can help little ones learn how to build healthy relationships:

- Making eye contact
- Using kind words
- Listening

Resource Family Corner

Family Activity: Small Acts That Make a Big Difference

Try these as a family practice to help build stronger relationships at home and in the community:

- ✓ **Say “please” and “thank you”**
Whether you're asking for something or when someone does you a favor. Even if kindness isn't always returned, leading by example sets the tone for the world we want to create.
- ✓ **Give the benefit of the doubt**
Before assuming, pause and ask: Could there be another reason for this?
- ✓ **Pause before reacting**
A deep breath can change the outcome of a conversation. A calm mind helps us make better choices and see more clearly—it lets us understand whether someone's actions come from a good place or not.
- ✓ **Tell someone they matter**
A simple “I appreciate you” can make someone's day.
- ✓ **Show kindness in everyday moments**
Smile, hold the door open, offer help when you can.

Let's create a world where women and girls uplift each other—one kind word, one small action at a time.

✨ Because when we lift each other, we all rise together. ✨