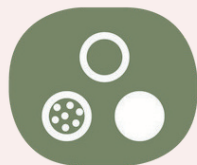


# Supporting Your Child's Emotional Growth: A Tip Sheet for Parents & Caregivers of a 7 to 8-Year-Old Child

## From Little Kid to Big Thinker: Life at 7 and 8

Your child is meeting new people and noticing differences in the world around them. They're curious about other cultures and traditions, but new things can sometimes feel confusing. This is a great time to help them build respect, curiosity, and a strong, positive sense of who they are and how to care about others.



### What does Diversity Awareness & Respect mean?

Encouraging curiosity & exposing your child to different foods, cultures, & activities helps them develop respect and appreciation for others. Being aware & respectful of differences helps your child approach the world with openness, acceptance, and discovery.

## Everyday Moments *What it Looks Like*

Your child hears about a holiday they've never celebrated, like Lunar New Year. They're curious, but unsure, because it's new to them. At home, you read a book together about it and talk about how every culture has special traditions. This helps your child see that differences make the world more colorful - and that being open and respectful is a real strength.

## Focus Your Attention on Encouraging Discovery and Embracing Differences

### *Why It Matters*

As kids meet more people from different backgrounds and experiences, they start to notice similarities and differences. Without guidance they might form stereotypes or feel unsure around new people. Helping your child understand and respect differences builds empathy, stronger friendships, and curiosity in a diverse world.

### What You Can Do - A Checklist for You!

- ☐ Explore new cultural traditions through books, movies, or fun activities
- ☐ Talk about how people have different ways of celebrating & believing-and how that makes the world more fascinating!
- ☐ Encourage curious and respectful questions about differences
- ☐ Remind your child that differences make the world interesting, not scary
- ☐ Celebrate your own traditions while showing respect for others' traditions, too

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