

# A parent's guide to trustworthiness



We are busy. After working a full day, it seems there is always a never ending to-do list at home. One of the things that we can forget to put on that to-do list, is to intentionally talk about character and values with our kids

**Here's a few things you can do at home to teach trustworthiness.**

- Watch for trustworthy behavior and show your appreciation.
- Talk to your child about times in your life (and listen to theirs) when it has been hard to be honest or keep promises.
- Develop family rules and consequences. Explain them ahead of time and then use the consequences in a consistent way.
- Model the behavior your want to see in your child.
- Use a teachable moment! Next time you are reading a book with your child, discuss how the characters in the

book demonstrated honesty, or how a character kept promises.

**Ready to get started? A quick Review of Trustworthiness:**

- Be honest
- Don't deceive, cheat or steal
- Be reliable. Do what you say you'll do.
- Have the courage to do the right thing.
- Build a good reputation.
- Be loyal. Stand by your family, friends and country

Learn more about character education.