



CONSENT
ABC'S:

SHARING!

We can encourage children to show generosity through sharing without teaching them to ignore their own boundaries or that being polite is more important than their own comfort.

Awareness

Try asking your child how it feels to share. Do they like it when others share with them? How do they know when they're uncomfortable sharing?

What does that feel like in their body? You can reflect on what sharing means to you as an adult, too. Are there times in your life when you're forced to share or do something you don't want to?



Boundaries

Supporting children when they try to set boundaries about their toys or snacks can teach them it's safe to say no.

Hearing that someone won't share isn't fun, but it's a great opportunity to practice patience, and we can redirect the child into another activity so they're not focused on being upset.



Difficulties

Some situations require sharing. Making it clear that they will be taking turns helps children know what to expect.

Having clear rules about who takes a turn or who decides if something is shared promotes fairness while reducing conflict.

Choices

Asking a child if they'd like to share, or giving them a choice over how they share, can allow them to feel good about making a choice rather than feeling upset about being forced.

It can also give them practice checking their feelings and if they need to have a boundary.



Examples:

"Will you let them take a turn when you're done?"

"That's their snack. You can ask nicely, but nobody has to share unless they want to."

"It'll be your turn next, but remember we'll allow someone else to have a turn after."



Consent skills are important everyday tools! These resources can help build comfort with consent conversations for young children. Values around respect will vary between cultures and families, so use this information however it works for you.

SEE MORE RESOURCES FOR PARENTS & CAREGIVERS AT YESMEANSYES.COM!

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