

Tips for Parents by Susie Kohl

Patience: The Willingness to Wait

A FEW YEARS AGO, former Meher Schools parent Mary J. Ryan wrote a book called *The Power of Patience*. Her interest in the subject began because she hated standing in line at the grocery store. Starting her writing project, she explored the subject of patience by noticing the areas of life where she could wait peacefully. In her wide exploration, she discovered what a beautiful quality the willingness to wait without inner or outer turmoil is.

We can teach children patience by paying attention to their ability to delay gratification. Comment when they use self-control not to repeat a request or turn it into a demand. Since our lives move so fast, we have to remember that being able to demonstrate patience is a virtue.

We can extend children's ability to be patient by suggesting that they wait quietly until we're ready to do something. We also need to pay attention to role modeling. Can we stay calm when someone else is slowing us down or we have to wait in line? Best of all, practice being patient together.

April 19, 2017

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