



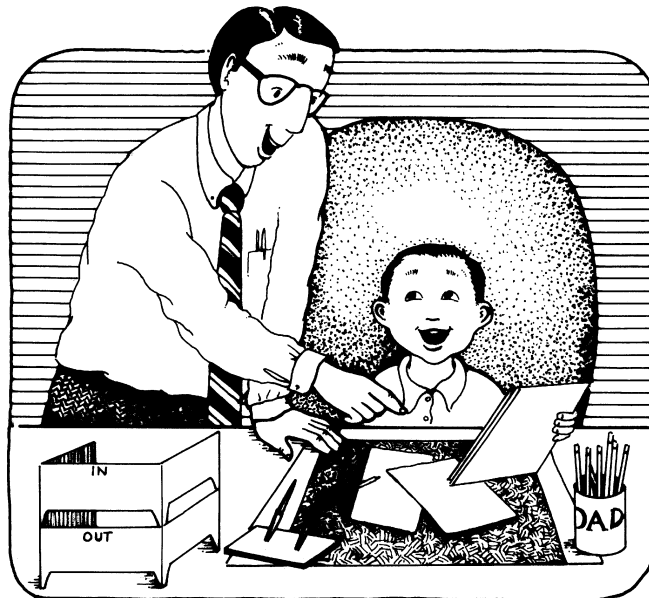
How to Give Your Children a Positive Attitude About Work

You are your children's first professional role model. The attitudes and ideas you communicate about work will influence them for the rest of their lives.

Children who understand and respect their parents' work will be more supportive of their parents' efforts. They also may have an easier time translating their own interests, skills and education into a career when they grow up.

Teach Your Children About Your Work

- ✓ Take time to describe your job, your work environment and the tools you use.
- ✓ If you work for an organization, explain how your job is part of a larger effort to produce a product or help other people.
- ✓ Let your children know that you enjoy using your skills at work and that you're proud of your contributions to the workplace.
- ✓ Explain the many ways your job contributes to your family life.



- ✓ Introduce your child to coworkers and eat lunch in the cafeteria.
- ✓ Give your child a small job, such as finding all the loose paper clips in your desk, opening mail, alphabetizing folders, stapling papers or folding letters.
- ✓ Point out your child's picture on your desk, or any gift—such as a paperweight—he or she gave you.

Understanding Work Starts at Home

- ✓ Teach your children the value of work around the house.
- ✓ As soon as they're old enough to help, give your children their own jobs to do at home.
- ✓ Remind your children that their efforts contribute to the family, much the way your job does.

Take a Field Trip

- ✓ If your supervisor approves, bring your child to work for a couple of hours.

Share Your Experiences

- ✓ If you travel for work, bring your children mementos from places you visit.
- ✓ Tell stories about people, accomplishments and events at your work.

Stand By Your Work

- ✓ When you have to miss an important event, such as a dance recital or a school play, be straightforward about your feelings.
- ✓ Avoid letting guilt lead you into the trap of bringing home treats or apologizing to your family for your absence.
- ✓ Remind yourself and your kids that working helps foster independence in family members and enlarges one's exposure to the world.