



How to Talk to Your Children About Work

The first place children learn about the work world is from their parents. Younger children may feel angry or sad that their parents spend the whole day at the job instead of with them. Talking to your children about your job helps them understand what you do during the day and how your efforts contribute to the family's well-being.

Explain What Work Is

- ✓ Describe your job to younger children with simple words they can understand.
- ✓ Get one of the many children's books that describe what adults do on the job.
- ✓ Encourage your children's questions and comments.
- ✓ Make the idea of work more tangible by showing them some tools of your trade. Bring home a sample of what your company does or produces.
- ✓ If you use a computer at work and have one at home, show your child how you use it.

Show Your Children Where You Work

- ✓ Take advantage of special family days to introduce your children to your workplace.
- ✓ Show your children your desk and the equipment you use.
- ✓ Have lunch in the company cafeteria and introduce your children to your coworkers and supervisors.

Explain Why You Work

Both paid and unpaid work is an important part of our lives, but most of us work for a paycheck. Tell preschoolers that the money you earn helps buy clothing and groceries. An older child may appreciate the fact that your paycheck will help finance his or her college education.

It's also important for children to understand that money is not the only reason people work. Satisfying work enhances feelings of competency and a sense of purpose in life. Let older children know that you're proud to use your skills and talents to provide for your family.

Kids' Worksheet

Your children can answer these questions about your work and then discuss them with you.

1. My mom/dad works as a _____
_____.
2. The place my mom/dad works is called _____.
It's in _____.
3. My mom/dad goes to work by _____

(driving, walking, subway, bus, etc.).
4. While my mom/dad is at work, she/he _____
_____.
5. When my mom/dad goes to work, I feel _____
_____.
6. When my mom/dad goes to work, she/he feels _____
_____.
7. We use the money mom/dad earns on the job to _____
_____.

Your kids can use the back of this paper to draw a picture of you at work. Encourage them to show how you're dressed, where you stand or sit and which tools you use.

