

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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Making a Difference

"A fun and engaging way for children (and adults) to learn how to treat others."

These are the words of Sara Yashar, of Washington State, who wrote a review of "Have You Filled a Bucket Today?" for the *amazon.com* website.

Sara also said:

"The concept of bucket filling is one that kids can really understand and relate to.

I read it to my three-year old, and now he asks for it every night. He loves the pictures and has even begun talking about bucket filling when he says something nice to someone. This book is a wonderful tool for families and teachers to give kids a visual way to think about kindness toward others.

And it's a good reminder for adults, too!"

Bucket Nuggets from Carol McCloud, The Bucket Lady

Teaching children to be kind



I first learned about bucketfilling in a parenting workshop at an early childhood conference in the 1990's. The speaker, an expert in infant brain research, said it is helpful to think of every baby as being born with an invisible bucket. The bucket represents a child's mental and emotional health. You can't see the bucket, but it's there. She went on to say that it is primarily the parents' or other caregivers' responsibility to fill a child's bucket. When you hold, caress, nurture, touch, sing, play and provide loving attention, safety and care, you fill your child's bucket.

Yes, we all know that babies require love.

Giving love fills buckets. However, in addition to being loved, children must also be taught how to love others. Children who learn how to express kindness and love lead happier lives. When you love and care about others and show that love with what you say and do, you feel good and you fill your own bucket too.

We are the bucketfilling role models. Fill buckets by telling the people you love some of the reasons they are special to you. Work with your children and help them practice daily bucketfilling. Very quickly they will experience the pride and joy of filling buckets.

Happy bucketfilling!



This week's winners

Congratulations!

Kenny Patel works the all-night shift at the Days Inn of Chapel Hill, North Carolina. He was a bucket filler when he learned that Carol McCloud was having trouble getting her laptop connected to the Internet. He said, "Bring it down and I'll get it fixed right up for you."

He did! Kenny Patel is our Bucket Filler of the Week.

Every bucket filler is a winner! Encourage your friends to get their buckets filled every week by signing on for our newsletter at

www.bucketfillers101.com.

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Quote of the Week

If you want children to improve, let them overhear the nice things you say about them to others. — Haim Ginott