



# Heads Up Kentucky

Psychology Promotes Healthy Living

## What is Heads Up Kentucky?

Heads Up Kentucky! is a collaboration of Psychology and Art that pairs consumer information about healthier living with commissioned public art. Over forty artistically transformed fiberglass "Heads" will be seen across Metro Louisville throughout the Summer, 2005. The Head Stands will serve as a display for consumer education information on the mind-body connection and psychological aspects of wellness, helping people learn how to live healthier lives. *Heads Up for Kids: Secrets of the Mind Body Connection* will bring health curriculum into the elementary schools this fall. The proceeds of the auction of the Heads will be split between the KPA Foundation and a consortium of visual arts education organizations.

## About the KPA Foundation

The Kentucky Psychological Association Foundation seeks to improve the lives of Kentuckians through public education about psychology, supports psychological research, and provides scholarship to students in psychology at higher education institutions across the Commonwealth. Donations to KPAF are tax-deductible. For more information about KPA and the KPA Foundation, visit the web at [www.kpa.org](http://www.kpa.org)

## Kentucky Psychological Association Foundation

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## Raising Kids Who Care



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Presented by  
THE KENTUCKY PSYCHOLOGICAL  
ASSOCIATION FOUNDATION

# Raising Kids Who Care

*“A man never stands as tall as when he kneels to help a child.”  
-Knights of Pythagoras*

As parents, we want our kids to grow up and be honest, trustworthy, and caring people who are in healthy relationships and consider others' needs as well as their own. The world, as you know, is short of people who really listen to what others say, and raising good kids in a not-always-good world is a daunting task. So here are some ideas to raise empathic kids, kids who care:

## ***Ask children what they are feeling and really listen to what they say.***

Ask them about their lives, school, friends, toys, videogames, food, holidays, pets: things that are most important to them. Don't ask them just so you can tell them what they should have done, but just see the world through their eyes.

Teach kids words they can use when they are overwhelmed by their feelings. Kids don't know words like jealous, ashamed, or worried; they just show their feelings through their behavior, which can cause BIG problems. Special note to dads: this is especially important to do with your sons because we badly neglect the feelings of boys.

Kids don't know how to control their emotions; that's why they get royally mad when they are upset and horribly down when they are sad.

## ***Teach kids self-control***

Kids can only learn self-control one way: from you. And the only way you can teach it to them is to be in control of yourself. *(Yes, this is hard to do when your son just threw his chocolate milk all over his sister and the phone is ringing and you are trying to get out the door to do the grocery shopping, but this is when we most need to keep our self-control.)*

## ***Give love, but set limits.***

Give your children lots of your time, love, hugs, and kisses, but don't be afraid to tell them “no” sometimes and set limits on what they can and can't do. We don't spoil our kids by telling them yes; we spoil them by never telling them ‘No’.

If you want kind kids, do kind things. Kids learn by what we do, not what we say. So, make casseroles for your neighbors, send birthday cards to faraway aunts, and visit forgotten people in nursing homes WITH your children. Involve your children in volunteer activities.

## ***When kids misbehave, point out how other people feel as a result of their actions.***

Say something like “It hurts Jasmine when you hit her, so she is crying.” This helps kids develop a moral compass to use when you are not there.

## ***Explain your feelings to your kids.***

Sometimes we are sad or angry with things that have nothing to do with our kids. For example, we are worried about our parents or our money situation. When this happens, use words to tell your children what you are feeling and that it is not their fault you feel sad or angry.

## ***When things go horribly wrong in the world, be sad with your kids, but be strong, too.***

Death, divorce, a fire, world tragedies affect us all. They need you more than ever, and they are looking to you to lead them through the darkness of the terrible things.

## ***For additional information:***

Heads Up Kentucky: [www.headsupkentucky.org](http://www.headsupkentucky.org)

Berk, L.E. (2002). *Infants, Children and Adolescents*. Allyn and Bacon: Boston, MA.

Denham, S. A. (1998). *Emotional Development in Young Children*. The Guilford Press: New York.

KidsHealth: [www.kidshealth.org](http://www.kidshealth.org)

The material provided in this brochure is based on scientific research by psychologists and other health care professionals. For references, contributor information, and additional reading on this topic, please go to the Heads Up Kentucky! website at [www.headsupkentucky.org](http://www.headsupkentucky.org).

