

3. Exhort your children to not ignore their conscience

- When you train and discipline your children, appeal to their conscience
- When that little voice in your head warns you not to do something, don't do it

4. Ask for forgiveness when you wronged your children

- We regularly do wrong things against our children—sometimes directly (e.g., being unreasonably angry or impatient with them). Every time it happens, it is an opportunity for us to model repentance
- It maybe helpful if you have faith-based/community support (e.g. joining a church and learn about righteousness)

5. Explain to your children how conscience differs

- No two people have exactly the same conscience. But we all have blind spots where we need to recalibrate our conscience so that it functions in a better way

6. Lead by example

- Young minds are impressionable, so it's important to lead by example. Treat your children and other people with kindness and respect. Show your children how to live life with good morals as their guidance
- Work side-by-side with your children to teach them the importance of charity work. Teach your kids about giving back to their community or helping specific causes to make the world a better place (e.g. feeding the homeless at shelters)
- Actively volunteering also teaches children about making commitments and following through with them