

THE BIG QUESTION: HOW DO I PREACH PATIENCE WHEN I BARELY HAVE ANY MYSELF?

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By ***Rachel Buchholz***, *KIDS AND FAMILY Editor in Chief*

I'm watching summer go by from my third-story window. Kids are riding bikes, families are having picnics, children are playing tag.

Of course, the bicyclists are wearing masks. The families are throwing stink-eyes to any others who get too close. And the taggers aren't likely school friends—they're siblings.

Inevitably, a child will melt down. This isn't a teary little protest because she's not quite ready to go home. I'm talking full-on splayed out on the sidewalk, screaming into her exasperated parents' faces, issuing unintelligible gurglings that have something to do with "Whhhhyyyyyy?"

Hey, kid. We're all with you.

As many families enter their fourth month of some kind of stay-at-home life, we're all starting to realize that we have no idea when this is going to end. Maintaining some kind of patience is hard enough for adults. For children? Forget about it. "For kids, such a long time frame can feel like forever," Baylor's **Sarah A Schnitker**, an associate



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professor of psychology and neuroscience, tells Nat Geo in [an article about fostering pandemic patience in children](#).

[Letting kids express those negative emotions](#) can be healthy. But so, too, can teaching patience: Sure, it brings short-term calm to kids, but studies show that it can also help children achieve future goals, become more hopeful, and increase their self-esteem. Easy first steps are simple breathing exercises, [new projects](#), and—yes—a loose daily schedule. ([Tell us how patient your kids have been!](#))

Now if we could just figure out how to delay those sidewalk meltdowns till we get inside
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