

# Capturing Kids' Hearts Tip of the Month

## Topic – “First Impressions”

### What is it?

A first impression is exactly what it sounds like – the way a person walks away feeling after the first time they met you. Did you know that research says it takes 20 positive interactions to overcome a bad first impression? In most instances, we can't overcome a bad first impression because we may not even get the opportunity to see someone 20 more times. That is why it is so important we make not only our first impression count, but every interaction count in a positive way.

### Personal take

I talk about first impressions often with my own kids because I want them to be aware of the importance of meeting and greeting a new person with confidence, energy, and genuine kindness. First impressions are key for our kids to develop when it comes to a future job interview, meeting a new person for the first time, and starting new relationships. It is critical that our kids understand the importance of making a good first impression and following it up with that same friendly, energetic attitude to sustain good relationships.

### Purpose behind it

The main purpose is to help not only our kids, but for everyone to realize the value of getting off to a good start with someone. Think about businesses you continue to go back to on a frequent basis. Sure, they obviously offer you a product or service you need, but I would venture to guess that you also receive quality customer service. The way you are greeted and taken care of is what keeps you coming back. Relationships are no different.

### Helpful hints

- ✓ When you know your kids are about to meet someone for the first time, remind them of some key things that are important when making a positive first impression.
- ✓ Role playing with your kid by rehearsing a first impression greeting and conversation helps grow confidence in initial encounters.
- ✓ Debrief with your kids after a first impression greeting. Talk about what went well and how they might do things differently the next time.

### Challenge

Be more aware about your next first impression. Prep ahead of time and remind yourself about the power behind a good first impression. You won't regret it!