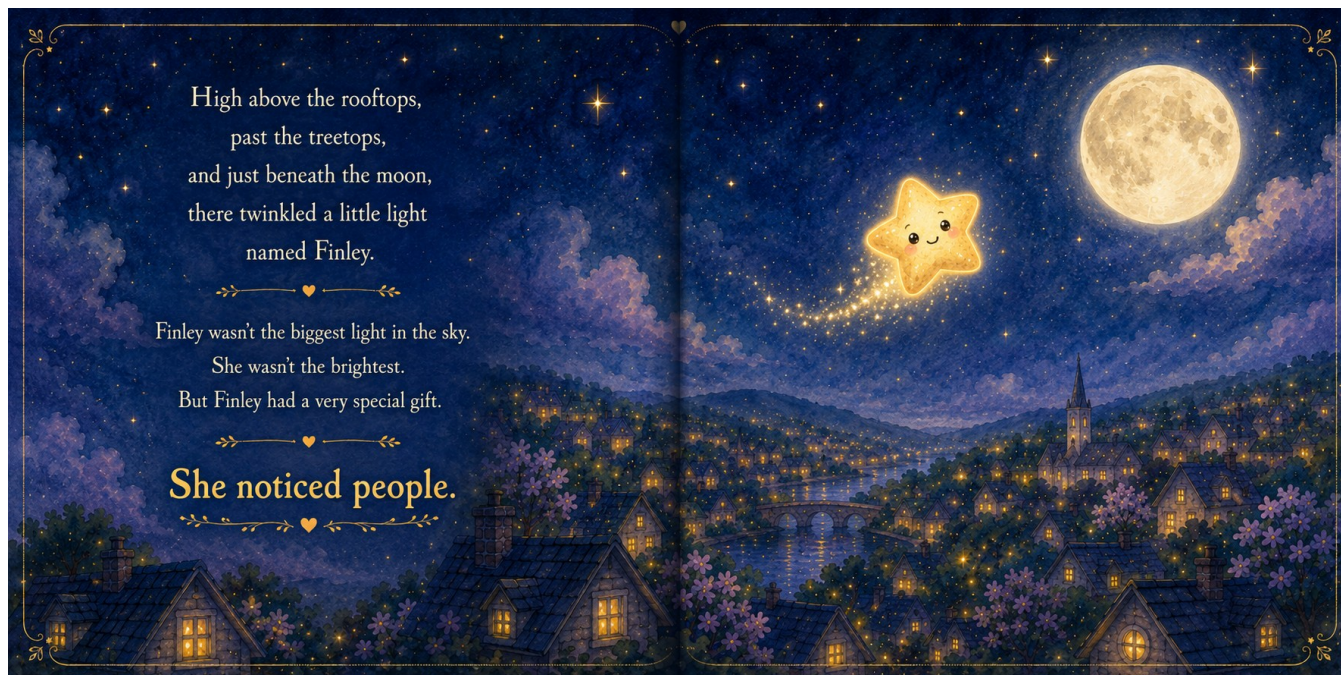


FINLEY'S

Parent & Caregiver Guide

A companion to Finley's Little Light



One small light can matter.

Finley begins by noticing people. She learns that hope, comfort, dreams, kindness, help, and courage can travel from one person to another - and that sharing light does not make her dimmer.

What this guide is for

- Use the story to start conversations about kindness, empathy, courage, hope, and helping others.
- Help your child recognize that their own “light” can be quiet, ordinary, and still deeply important.
- Turn the message of the book into small family habits - without making kindness feel like a performance.

Read together. Notice together. Shine together.

Talk About the Story

There is no “right” answer to these questions. Follow your child’s ideas, give them time to think, and let the conversation be as short or as long as they need.

BEFORE YOU READ	WHILE YOU READ	AFTER YOU READ
★ What do you think a ‘little light’ might mean? ★ What are some ways people can help one another? ★ Can something small make a big difference? How?	★ What does Finley notice about the people below? ★ Why do you think her light glows brighter when someone needs extra love? ★ What do you think will happen when Finley shares a sparkle?	★ Which sparkle would you choose today: hope, comfort, dreams, kindness, help, or courage? ★ Why didn’t Finley become dimmer after giving away pieces of her light? ★ Where could your light shine this week?

Helpful language for grown-ups

Instead of...	Try...
“Be nice.”	“What do you notice? Does someone need help, space, company, or encouragement?”
“You should share.”	“Would you like to share? Is there another way you could be kind?”
“Don’t be scared.”	“It’s okay to feel nervous. What would help you feel brave enough for the next small step?”
Remember: A child can be kind and still have boundaries. They do not have to hug, share belongings, perform affection, or ignore their own discomfort to prove they have a “good heart.”	

When the conversation gets quiet

“I don’t know.” “That’s okay. Want to draw your answer instead?”	“I wasn’t kind today.” “Everybody has hard days. Is there anything you want to repair or try differently tomorrow?”	No answer at all Keep reading. A thoughtful pause can be part of the conversation; children do not have to perform insight on demand.
--	---	---

Help Your Child Find Their Light

A child’s light is not a talent contest. It is the collection of small ways they bring care, curiosity, effort, courage, and connection into the world.

Try the “My Light” conversation

★ NOTICE What are you good at noticing that other people sometimes miss?	★ CARE What is one way you like to show someone you care?
★ COURAGE What is something that feels hard but you are learning to try?	★ JOY What makes you feel bright and happy inside?
★ HELP What is one job you can do that makes life easier for someone else?	★ DREAM What is something you would love to learn, make, become, or explore?

Catch them shining

Look for genuine moments instead of asking your child to “earn” a star. Name what you saw so they begin to recognize their own strengths.

“I noticed your light when...” ...you saw that your brother was frustrated and brought him his favorite toy.	“That took courage because...” ...you were nervous, but you asked for help instead of giving up.
“You made things lighter when...” ...you helped clean up without anyone having to ask twice.	“You were kind to yourself when...” ...you took a break and tried again after you were upset.
Quiet lights count, too. Listening. Sitting beside someone. Trying again. Asking for help. Making room. Telling the truth. Resting when you need it. These can all be ways a child shines.	

Three no-pressure ways to practice

★ LIGHT NOTES	Leave a tiny note where someone will find it: “Thank you,” “I love you,” or “You helped me today.”
★ NOTICE WALK	On a walk or drive, take turns noticing small good things people do for one another.
★ FAMILY FIX-IT	When something goes wrong, ask: “What would make this a little lighter?” Then choose one small repair together.

Make the Light Travel

In the story, Finley discovers that light spreads when people pass kindness forward. Try one of these simple family practices and let your child help choose what feels meaningful.



A week of little lights

★ NOTICE Notice someone who may need company or encouragement.	★ HELP Do one useful thing for another person.	★ COMFORT Offer a kind word, drawing, note, or quiet presence.	★ COURAGE Take one small step toward something that feels difficult.
★ HOPE Say something encouraging about tomorrow.	★ DREAM Ask someone what they hope to learn or do someday.	★ THANK Thank someone whose light has helped your family.	★ PASS IT ON Choose one kindness you would like to repeat next week.

A simple bedtime check-in

Where did you notice light today?	Did someone share their light with you?	Where might your light shine tomorrow?
-----------------------------------	---	--

For the grown-up

Children learn what light looks like by watching us. Let them see you apologize, ask for help, set kind boundaries, rest when you need to, encourage someone, and accept another person's “no” without hurt feelings. The goal is not a perfectly kind family. It is a family that keeps noticing, repairing, helping, and trying again.

“Where can my light shine today?”

A companion resource for Finley's Little Light by Becky Fry