

EMPATHY= to understand how someone feels

□ Why do children need empathy?

- Children need to be able to identify their feelings and the feelings of others.
- Empathy helps children better express and control their feelings.
- Empathy helps children be kind to others.
- Children first learn about empathy from their parents.

□ How can parents teach their children about empathy?

○ Label your child's feelings.

Example #1: If your child is **upset** because a friend would not share with her, tell her "I see that you are really **sad** right now," and then communicate an alternative, such as "You can play with these toys over here."

Example #2: If your child becomes **angry** because you have just turned off the TV program they were watching, tell him "I know you are really **mad** at me because you can't watch TV right now," and then communicate an alternative, such as "You can brush your teeth for bed now."

- Talk calmly and politely to your child, even when you are angry with him/her. This will teach your child to better control his/her anger.
- Talk calmly and politely to other people in front of your child.
- Teach your child to be polite and kind to others.

