



Encouraging Empathy in Your Child

What is Empathy and Why is it Important?

- Empathy is the ability to imagine yourself in another person's place and understand the other person's feelings, desires, ideas, and actions.
- Empathy for another person opens the door to deeper understanding and connection.
- Empathy can help your child feel understood.

Ways to instill empathy

- Provide children with a feelings vocabulary.
- Encourage your child to talk about her feelings — and you do the same.
- Teach nonverbal cues.
- Point out other people's behavior and use it as a teaching moment – positive and negative.
- Model compassion.
- Limit exposure to negative influences - TV, movies, people, books and/or music.
- When children are exposed to negatives, follow up with conversation.
- RESPECT!
- Give your child jobs.
- Ask your child to think of others.
- Expect the same behavior from boys and girls.

Families are Magic 

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