

EMPATHY

Parent Resource

What is empathy?

Empathy means understanding how and why others think, feel and act.

In kindergarten through second grade, children begin:

- ✓ Understanding more about their place in the world.
- ✓ Identifying ways to show kindness and care for others.
- ✓ Wanting to support others in need.

Below are ways you can help your child learn, practice and demonstrate empathy:

INTRODUCE THE WORD



Introduce the word empathy to your child. Empathy includes understanding the perspective of others and wanting to help those who are in need. Share an example of when you were empathetic at home, at work or in the community.

ASK FOR AN EXAMPLE



Ask your child to share an example of when someone let him or her do a fun activity first or shared something with him or her. Explain that putting someone before yourself is a way to demonstrate empathy.

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Actively listening to one another.



Learning about the experiences of others and practicing ways to show respect.



ACTIVITY FOR YOU AND YOUR CHILD

Read a book or watch a movie that shows a character displaying empathy towards others. Ask your child to identify ways the character demonstrated empathy.

BY PRACTICING EMPATHY, YOUR CHILD WILL IMPROVE COMMUNICATION SKILLS AND LEARN TO REFLECT, OBSERVE AND THINK ABOUT HIS OR HER OWN BEHAVIORS.

