

THE *Counseling* CONNECTION

St. Hilary School

Mrs. Eldred and Mrs. Parisi

Raising Children to Have Empathy

Empathy can be defined as “the ability to understand and share the feelings of another.”

1. **Teach them about emotions.**
Use emotion words and explain their meaning
2. **Read and watch t.v. together.**
Books and t.v. shows have characters that your child can learn to empathize with
3. **After conflicts, discuss what everyone was feeling.**
4. **Let them see you resolve conflicts in your own life.**
5. **Speak for those who can't speak for themselves.**
Discuss and wonder aloud what babies or pets may be thinking
6. **Model respect for those who seem different.**

April's Focus:

How to Teach Kids Empathy

By Samantha Rodman, PhD, Contributor to
Huffington Post

Clinical psychologist, author, founder of
DrPsychMom.com



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Empathy

- E** – Everbody needs somebody
- M** – Model and mirror
- P** – Put yourself in their shoes
- A** – Ask if you can help
- T** – Treat others the way you want to be treated
- H** – Hurtful or helpful
- Y** – You feel better and they feel better.



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