THE 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**

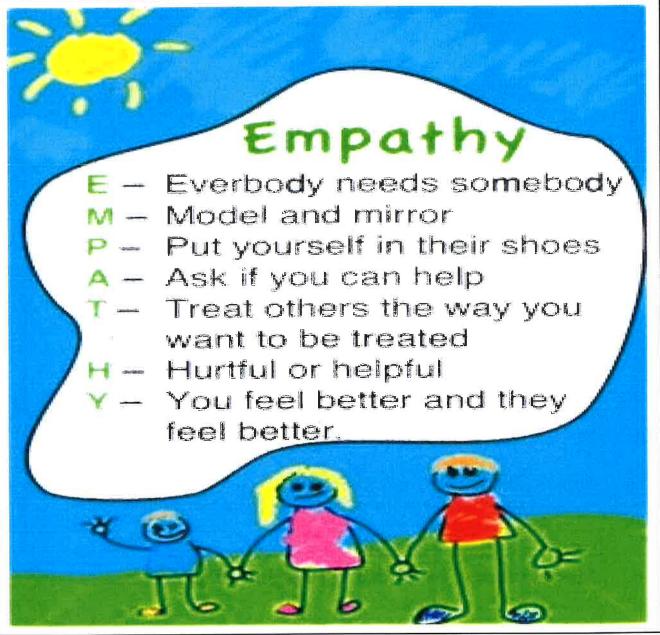
By Samantha Rodman, PhD, Contributor to Huffington Post

Clinical psychologist, author, founder of DrPsychMom.com



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# THE COUNSUING CONNECTION



## April's Focus:

**How to Teach Kids Empathy** 



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