

Six Ways to Help Your Child Live With Empathy and Altruism



It is possible to teach our children how to show empathy and altruism, even in today's world. We want our children to both feel compassion and have the courage and willingness to step in and help others. If we are intentional as parents in demonstrating empathy and altruism, our children will notice and will learn from our example.

Empathy means that a child:

- Understands that she is a distinct person from those around her and that other people may have different feelings and perspective than her own.
- Can recognize feelings in herself and others and name them.
- Can regulate her own emotional responses.
- Can put herself in someone else's shoes and imagine how someone might feel.
- Can imagine what kind of action or response might help a person feel better.

5 CONVERSATION STARTERS TO HELP DEVELOP EMPATHY

1

Did you have a chance to be kind to anyone today?

What can you do or say to help someone who is feeling sad?

3



2

How can you tell if someone is feeling happy or sad?



How do you think other people feel when you're kind to them?

5



4

If you could change one thing about the world, what would it be?

The more children receive empathy, the more likely they are to offer it to others.

1. Discuss emotions.
2. Help out at home, in the community, or globally.
3. Praise empathetic behavior.
4. Describe and label.
5. Read Stories.
6. Make a "We Care Center".
7. Coach social skills in the moment.
8. Play emotion charades.