

Why Empathy Is Important for Your Children

Building an understanding of what others are feeling, how their own actions can influence others, and why someone might be experiencing feelings at a particular time is a valuable life skill for children to possess.

Helping young children to develop a strong sense of empathy is beneficial because:

- It helps them to build a sense of security and stronger relationships with other children and educators, positioning them well for learning.
- It encourages tolerance and acceptance of others.
- It promotes good mental health.
- It promotes social harmony and can reduce the likelihood of bullying.

In a nutshell, developing empathy is a vital building block in a child's ability to regulate their emotions and is so valuable in being able to adapt and succeed in an ever-changing world.



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- *Classes in Parenting Coaching available.*
- *Exchange services (pickup/drop off only).*
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"It is our mission to provide Monitors for family visitations in order to ensure that the children of today will have pleasant childhood memories in the future."

Family Visitation Services

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Developing Empathy in Children

by
Family Visitation Services

Preparing Your Child for a Better Life



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Strategies for Developing Empathy In Children

Parents are children's first and most enduring teachers, and modelling empathetic behavior is one of the best ways parents can teach their child this valuable skill.

Simple ways empathy can be developed include:

- Helping your child to name their feelings, as understanding their own feelings is an important first step in understanding the feelings of others
- Talking to your child about how other people may be feeling, and why. This helps to build their emotional language and think about other people's perspectives.
- Caring for animals and plants, which helps children understand the role they play in helping another living thing survive, thrive and be happy.

Perhaps one of the simplest ways of all to help children develop a sense of empathy is by reading books together, as children learn to associate feelings and actions with their favorite characters and stories.



What is Empathy?

Empathy is the ability to put yourself in the shoes of someone else and understand what they are feeling or experiencing, and then to react in a helpful way.

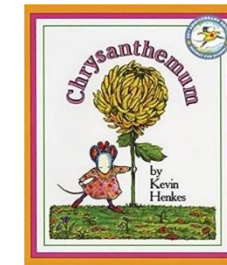
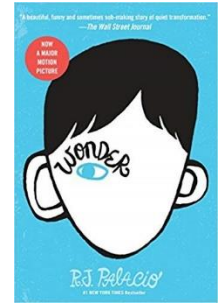
In the early years of life, young children are naturally egocentric and are very much inclined to think mostly about themselves and their immediate needs. They are not yet ready to consider the needs and feelings of others.

However, developing a sense of empathy is an important developmental process for young children, and one that can benefit them not only in childhood but well into adult life as well.

Teaching Empathy Books for Kids

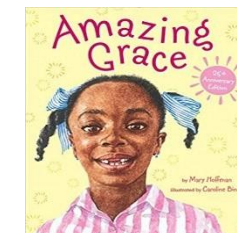
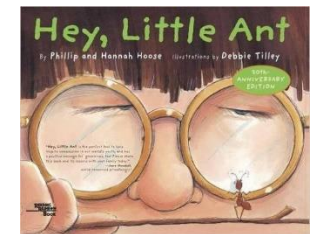
(Available from Amazon.com)

Wonder
by R. J. Palacio



Chrysanthemum
by Kevin Henkes

Hey, Little Ant
by Phillip & Hannah House



Amazing Grace
by Mary Hoffman