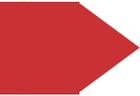


# HOW TO HELP KIDS LEARN EMPATHY: A CHECKLIST

When something is fun it becomes appealing and that gives young children a positive association with it. Here are some ways that you can build empathy-teaching moments into your parenting.



1

Collect some large stones when you are out for a walk. Wash them when at home and once they are dried you can engage your child in painting them. Once dry they can be gifted as paper weights to neighbours/family members.



2

Plant a seed with your child. Each day they must take care of and nurture their seed as it grows into a flower or plant. This gives them something to do each day and you can praise their kindness and thoughtfulness.



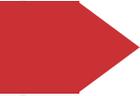
3

Let your child see you randomly leave some money on a parking machine or a vending machine so that somebody can benefit.



4

Let your child see you pay for an extra beverage when you are in the café and say that it is for the next person or for somebody who might need it that day.



5

Have your child help you pack care packages and then go with them to drop them off at a homeless shelter or soup kitchen.



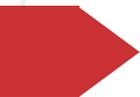
6

Encourage your child to re-gift toys to children in shelters/orphanages or to buy a new toy for a child who is less well off.



7

Let your child see you hold doors open for people coming behind you.



8

When with your child, stop to ask someone with heavy bags or full hands if they would like some help



9

Involve your child in making breakfast in bed for a family member.



10

Always say please and thank you to your child – even if this is ‘Please don’t hit my foot with your truck.’

FINALLY: Remember to smile when you see your child so that they know you are happy to see them, no matter what else has been going on in the day.