tips for Raising
EMPATHETIC CHILDREN

Empathy is at the heart of what it means to be a human. It is the ability to walk in another's shoes and value their perspective, and it is key to forming good and healthy relationships. Raising children who genuinely care about others is the first step to creating an empathetic generation of people. Use these strategies to help your child develop empathy.

1 Validate

If you want your child to care about how other people feel, it is important that they have self-awareness of their own feelings. Life is full of ups and downs, which gives us many opportunities to discover and discuss the different emotions that come with it.

2 Communicate

As parents, it is natural to want to shield our children from all the scary things that happen in today's world. However, communicating about these issues and stories opens the door to empathetic thinking. When we engage in meaningful, age-appropriate conversations, we help our children develop empathy.

3 Demonstrate

The key to raising empathetic children is to show them empathy in your parenting. It is important to consider your responses to their actions and emotions before you react, and to listen to what they are saying (verbally and not) with their actions. This builds trust and leads children to want to model your behavior.

4 Create

Children learn by seeing. Create opportunities each day to show what empathy may look like. Think small, like shoveling the driveway or carrying groceries in for a neighbor, or simply taking the time to say hello and smile at people you pass by. These actions encourage children to relate with the humans around them.

Is your child meeting their milestones?
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