

Ways to Teach Children Empathy

- Use clear messages about caring: for example, tell your child “It’s important to be kind to others.”
- Get to know your child: ask how his or her day at school was, for example, to show that you care about & are interested in him or her
- Label & talk about feelings
- Praise empathetic behavior



- Get involved in charitable activities, such as volunteering
- Ask your child to think of others before acting
- Teach nonverbal cues that indicate others’ feelings

Sources:

http://www.babycenter.com/0_the-caring-child-how-to-teach-empathy-age-5_67146.bc

<https://mcc.gse.harvard.edu/files/gse-mcc/files/empathy.pdf>