



Empathy Tips for Caregivers Handout

- **Support your child to feel accepted and understood.**
- **Model empathy by interacting with others in a kind, respectful, and caring way.**
- **Point out examples of other people showing empathy.**
- **Help your child find specific words to express what he is feeling.**
- **Teach your child how to solve conflicts.**
- **Help your child be aware of the consequences of his actions.**
- **Guide your child to work through and deal with difficult feelings.**
- **Teach your child to understand that other people can have different thoughts and feelings than he has.**
- **Remember that your child is not born with empathy and that it is a skill that is built over time.**