

# BUILDING EMPATHY |

how to help your  
child build empathy

Engage in community  
service and do nice  
things for others

Practice  
self-care

Focus on kindness  
and compassion for  
self and others

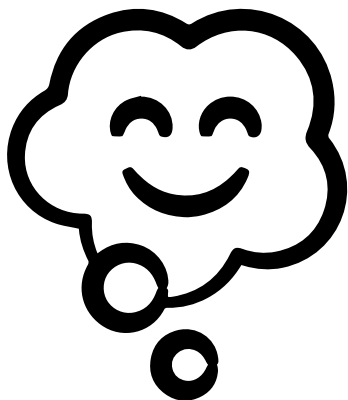
Talk about  
family challenges

Consider and  
honor others'  
perspectives

Teach feelings  
and self-regulation

Model behavior.

Use phrases like  
*"I'm sorry, I'm glad you told  
me, how can I help you?"*



## EMPATHY

empathy | 'empəTHē| noun

the ability to understand and  
share the feelings of another.

**BCIU** Berks County  
Intermediate Unit  
an educational service agency