

## Empathy

### What is empathy?

Your child's growing ability to understand and care about how others feel.

Learning to feel and show empathy is an important part of your toddler's development into a responsible and caring person.

Your toddler can learn empathy by watching you. Try:

- ✓ responding to his needs and the needs of others in a caring and fair way
- ✓ helping him name his feelings and understand why they're happening, and talking about what to do about them
- ✓ helping him understand how his actions can affect people in positive or negative ways
- ✓ using positive discipline to help him grow and develop (see [Positive Discipline](#))
- ✓ showing him how to share and be kind
- ✓ showing him to apologize when it's appropriate



### BRAIN BUILDER

Point out when your child has done something kind ("Look how happy you made Jessica by sharing your toy") or not so kind ("When you hit your sister, it made her sad"). By helping him understand how his actions affect others, you're building his social and emotional skills.

