



Empathy = Care + Understanding

| WHAT WE CAN DO? | | | | | RESOURCES |
|---|---|--|--|---|---|
| PRENATAL (Before Birth) | INFANTS (Birth to 17 months) | TODDLERS (18-29 months) | PRESCHOOLERS (30-48 months) | FOR ALL AGES | |
| <p>Sing, talk and read to your baby while you are pregnant.</p> <p>Staying calm during your pregnancy is very important.</p> <p>Gently touch or rub your belly and tell your baby that you LOVE them.</p> | <p>Soothe and respond to your infant with love and nurturing kindness.</p> <p>Share smiles and show you care when your infant needs comforting.</p> <p>Cuddle, talk, sing songs with your infant.</p> | <p>Try to remain calm during new or stressful experiences. Your toddler will pick up on your feelings.</p> <p>Talk about your feelings with each other.</p> <p>You and your child can play with a doll to talk about emotions and responses.</p> <p>Empathize with your child. E.g., “You look scared, sometimes dogs can be scary”.</p> <p>Draw your toddler’s attention to other people’s emotions. E.g., “They look sad, maybe someone took their toy”.</p> |  <p>Sing songs and read stories about feelings.</p> <p>Set a good example through words and actions.</p> <p>Praise your preschooler for comforting another child.</p> <p>Talk about others’ emotions and why they are feeling that way.</p> <p>Encourage pretend play. E.g., use puppets, so that children can begin to understand how others feel.</p> | <p>Plan and take your child to an EarlyON Centre for other experiences.</p> <p>Tell your child you LOVE them.</p> <p>Hug and respond in a loving way to your child.</p> <p>You cannot spoil a child with affection.</p> <p>Separate with confidence when you leave your child with someone else.</p> <p>Play daily with your child.</p> | <p>BOOKS</p> <p>Look at family pictures and talk about them with your child. Tell them your family stories.</p> <p><i>How Are You Feeling</i> by Saxton Freymann and Joost Elffers</p> <p><i>Empathy is Your Superpower</i> by Cori Bussolari</p> <p><i>I am Human</i> by Susan Verde</p> <p>SONGS</p> <p>The Empathy Song</p> <p>Be Kind to Everyone</p> <p>VIRTUAL</p> <p>We are All Amazing</p> <p>What is Empathy? Explaining Empathy to Kids – Emotions</p> <p>Sesame Street: Mark Ruffalo: Empathy Umbrella</p> <p>All About Empathy Video</p> <p>DID YOU KNOW?</p> <p>Parents’ responses to situations influence how children respond.</p> <p>We thank the team of dedicated professionals in the Etobicoke Brighter Futures Coalition that developed these IEMH Play Statements</p> <p>All rights reserved by the EBFC</p> |
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Empathy plays an important role in the development of social skills.