



Fuel Connection: Empathy

Empathy is feeling with someone. It is being able to understand and respect another person's experience. Children must experience empathy from significant caregivers before they can show empathy towards others.



Empathy:

1. Validates feeling
2. Describes the situation
3. Reassures the child
4. Normalizes feelings

Examples:

1. You're feeling sad
2. It sounds like...
3. I'm here for you
4. I felt something similar



Empathy is not:

- Trying to change the situation
- Trying to make it better
- Trying to teach a lesson
- Trying to find a solution



Empathy is:

- Being with and feeling with
- Trying to understand how the situation has impacted the individual
- A part of co-regulation



PG Behaviour Consulting

Building Life Skills Through Connection