RAISING RESILIENT CHILDREN/TEENS...

Research supports that **EMPATHY** promotes resilience - the ability to “bounce back” from difficulty.

**EMPATHY** - means being able to put ourselves in “other people’s shoes” and imagine how they feel.

To Promote EMPATHY: Tip #5
Recognizing kind behavior can increase a child/teen’s capacity to be empathetic.

When parents acknowledge the considerate actions of their children and teens toward others, e.g. by stating “that was so kind of you,” they encourage empathetic behavior. The development of empathy is an unfolding process during the childhood years.

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