



# 7 Great Tips – Simple Ways to Raise Empathetic Preschoolers

Discover daily habits that nurture kindness and emotional intelligence in your little one - no complicated tools required!

# What's Inside: Your Guide

Your journey to raise empathetic preschoolers with this simple roadmap. Each section offers practical, everyday techniques just for you.

Topic	What You'll Learn
Model Empathy Daily	Show-don't-tell techniques that children naturally absorb
Stories for Perspective	Book recommendations and discussion prompts that build understanding
Emotional Labeling	Simple vocabulary that helps children recognize feelings
Opportunities for Caring	Age-appropriate activities that develop helping behaviors
Conflict Resolution	Positive guidance techniques for teaching empathy during challenges
Family Values	Ways to weave empathy into your household culture
Patience & Growth	Realistic expectations for empathy development by age





# Model Empathy Daily



## Children Learn by Watching

They absorb more from your actions than your words.



## Name Their Feelings

"You're sad because your toy broke. I'm here with you."



## Expert Insight

According to Dr. Alison Gopnik, a developmental psychologist, children as young as 18 months begin to mimic emotional behaviors. Your calm, compassionate response becomes their blueprint for emotional expression.





# Use Stories to Build Perspective

## Read Together

Choose books with characters facing challenges or needing help.

## Ask Questions

"How do you think she felt when that happened?" or "What would you do if you were him?"

## Book Recommendations

*The Rabbit Listened* by Cori Doerrfeld or *Have You Filled a Bucket Today?* by Carol McCloud are great for sparking conversations about emotions and kindness.

# Preschogs



## Practice Emotional Labeling



### Daily Check-ins

Ask "How are you feeling today?" with visual feelings charts.



### Use Emotion Words

Incorporate emotional vocabulary during play, meals, and bedtime.



### Research-Backed

Emotional literacy directly links to empathy development.





# Create Opportunities for Caring

## Practice Makes Perfect

Empathy grows when children have chances to be kind and helpful.

## Simple Activities

Feed pets, water plants, or make "get well" cards together.

## Celebrate Kindness

"That was very kind of you to think of Grandma!"





# Guide, Don't Shame, During Conflicts



**Instead of "Don't hit"**

Avoid punishment that shames.



**Try "I see you're angry"**

Acknowledge feelings first.



**Ask "How did your friend feel?"**

Help them reflect on impact.





# Make Empathy a Family Value



## Create Traditions

Share one kind thing each family member did or saw that day.



## Celebrate Kindness

Value compassion as much as achievement.



## Why It Works

Children learn that kindness is important and valued.





# Be Patient – Empathy Takes Time

## Developmental Process

Empathy develops in stages, and every child progresses differently.

## Celebrate Small Wins

Notice and praise even tiny moments of compassion.

## Remember

"Empathy isn't a lesson you teach once. It's a value you live every day."





# Plant Seeds of Compassion Today – The Parent Blueprint

Every story, every moment of care, and every emotional connection builds the foundation for a lifetime of empathy in your child.

Emotionally intelligent children grow into kind, resilient adults. Small moments lead to big emotional growth.

Share this to a parent who's raising a kind-hearted little one! What empathy-building activity will you try first?