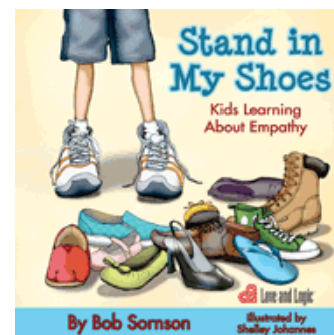
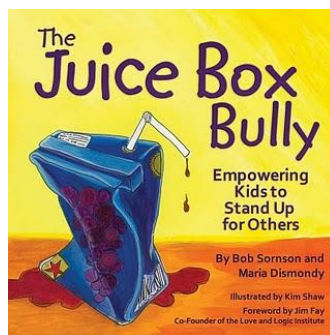
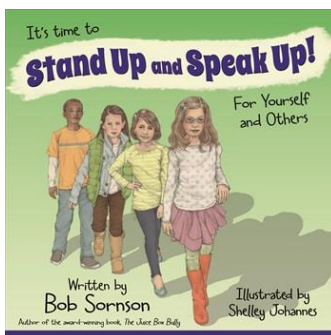




Developing Self-Regulation, Empathy, and Resilience

Bob Sornson, Early Learning Foundation

1. Start with safety and security. Fear interferes with the development of empathy. Learn to set limits with respect and love.
2. Regular family or classroom routines build a sense of predictable security for children. Well established routines also help children practice self-regulation skills.
3. Self-regulation skills are the foundation for empathy. By learning to calm themselves, regulate emotions, delay gratification, persevere, and stay focused on the right things, children develop the skills which allow them to look beyond themselves.
4. Model empathy. Notice the lives of others. Talk about your experience of using empathy, and about the times you forgot to act with empathy.
5. Tell stories that help kids see the world from the perspective of others.
6. Read great children's literature with your kids. Great books draw children into the lives of the characters, and help them learn to see the world differently.
7. Use specific positive noticing to reinforce positive behaviors without using excessive praise.
8. Relationships matter. Help kids build relationships which inspire them to trust and care for others.



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