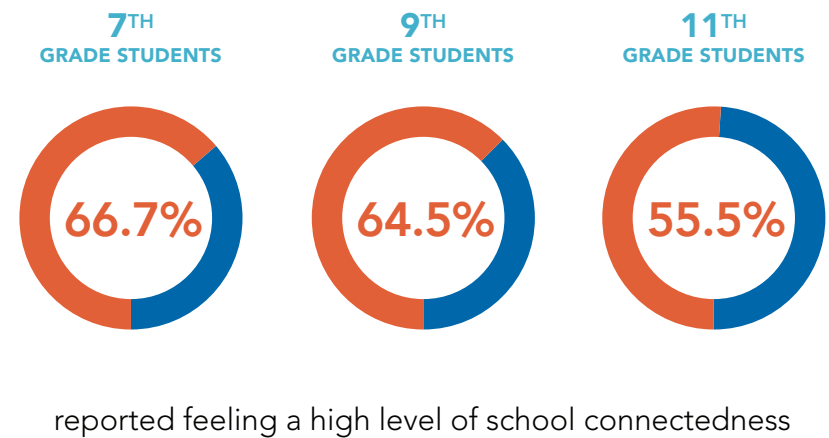
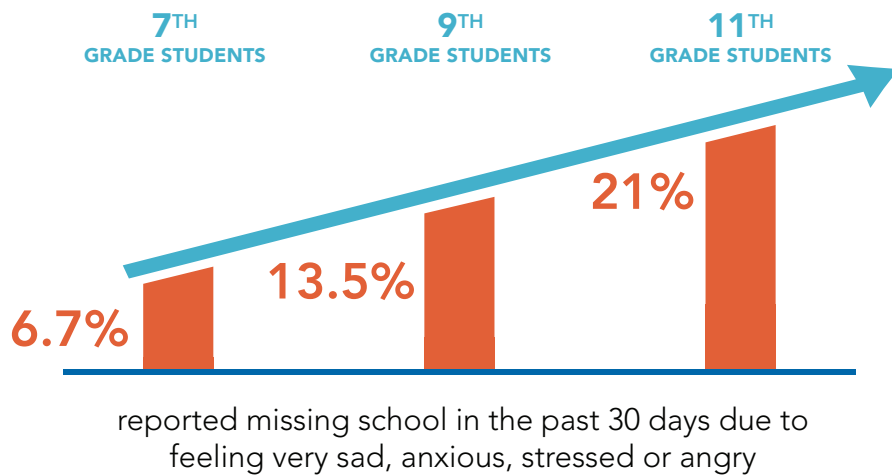




Empathy & Resilience

Did you know? Children today are highly educated and plugged in to a variety of extracurricular activities, but unfortunately, they are also extremely stressed out. It may be that they haven't been taught resilience: skills that can help them to handle defeat, bounce back from setbacks and learn to live independently.

In the Beach Cities (Hermosa Beach, Manhattan Beach and Redondo Beach)



Data obtained from the 2016-17 California Health Kids Survey (CHKS)



For more information on youth health priorities in the Beach Cities, visit bchd.org.



For parenting resources and more information, go to southbayfamiliesconnected.org

TIPS TO HELP

Facilitate Empathy In Your Children



HELP KIDS DEVELOP A MORAL IDENTITY:

Children’s experiences at home, with their surrounding environment and their physical, cognitive and emotional and social skills influence the development of a sense of right and wrong.

RESPOND EMPATHETICALLY TO BEHAVIORS WITH “CARE:”

- Call attention to uncaring behavior
- Assess how being uncaring affects others, and help kids to understand another’s perspective
- Repair hurt and make amends
- Express disappointment for uncaring behavior, while stressing expectations for caring behavior in the future

PERSPECTIVE-TAKING:

Practice perspective-taking, the ability to consciously put oneself in the mind of another individual and imagine what that person is thinking or feeling. This can lead to enhanced empathy and understanding others.

9 Habits of Empathetic Kids

According to **Dr. Michele Borba**, author of “UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World,” adults and children who understand and appreciate people around them are better able to collaborate, innovate and problem-solve.



Can recognize feelings



Have moral identity



Understand the needs of others



Have a moral imagination



Can keep their cool



Practice kindness



Think “us” not “them”



Stand up for others



Want to make a difference