

### **Helpful Hint from the Family Community Liaison Program (FCLP)**

One of the most important skills that we can teach our children is empathy. This is the ability to understand and share the feelings of others. Empathy gives us the ability to build close relationships, maintain friendships, and develop strong communities.

Research tells us that kids who engage in meaningful conversations about emotional experiences have higher levels of empathy. Kids whose parents and caregivers ask questions like, "How do you think she felt when that happened?" are helping to increase this skill within their children.

Parents sometimes struggle with how to turn regular conversations into meaningful conversation. Here are some strategies to help create an empathetic conversation:

1. "WH" Questions – Who? What? Where? Why?
2. Repeat and Add – Repeat what your child said and add a bit more.
3. Follow the Leader – Let your child lead the conversation. Follow with questions such as "What else happened?" Or "Tell me more about this part."
4. Ask for Feelings – Ask about more than just events, ask about feelings.
5. Connect Events – Help your child connect to a similar event in the past.

**The Family Community Liaison Program (FCLP) provides individual counselling and family support. For more information about the program or the referral process, feel free to contact Kyria or Kateryna at the FCLP office at (780) 778-8755.**