



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Dear Parent/Guardian:

Today in your child's classroom, I read the book *Understand and Care* by Cheri Meiners, M.Ed. This book helps children identify feelings, notice how someone may be feeling, and express empathy. The first step to feeling empathy is to understand and name one's own feelings and then notice the feelings of others.

To help your child notice and name their own feelings and the feelings of others:

- When your child is angry say, "Your face and body are showing me you might be angry."
- Name your own feelings, "I'm excited to be going to the zoo with you today."
- When you read a book together, look at the pictures and talk about how the person is feeling.

Reinforce the lesson at home by practicing these skills:

- Watch and listen to the person.
- Remember when you have felt the same way.
- Imagine how you might feel.
- Ask what the person is feeling.
- Show you care.

By encouraging your child to name and notice feelings you are helping them build empathy, a cornerstone of healthy and fulfilling relationships.

Sincerely,

ABC Volunteer

Telephone/Email