

## EMPATHY BOOKS

They are a wonderful tool to help children understand what is happening in their lives and to build emotional literacy. It is a great way to help children make sense of what is happening around them and to them. It is a visual way for children to see that you understand what they are feeling, needing and experiencing.

They are a way to let children know that we take very seriously what happens to them. It is a healing experience to have their experience validated.

Book topics can range from everyday activities and experience to larger things that happen to your child or in the child's world. Books can be about things that are hard, scary or challenging and also about things that are exciting, joyful and fun.

Keep the books where children can get them and read them on their own...they will often read them over and over again.

It's easy to make a book about anything that is or has gone on in your child's life. There are only four simple steps to make a book and we've also included a sample book for you to print, fold and use! Enjoy – *Echo Parenting and Education*.

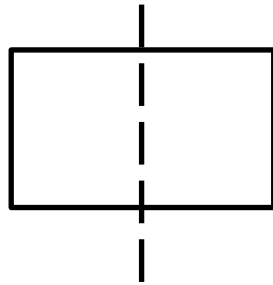


**RAISING CHILDREN WITH CARE    RAISING CHILDREN TO CARE**

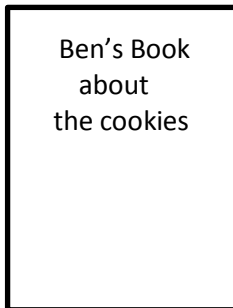
P.O. Box 26938 | 1226 N. Alvarado Street, Los Angeles, CA 90026, | (213) 484-6676 | [echoparenting.org](http://echoparenting.org)

Here's how you make an empathy book:

Fold a piece of paper in half.



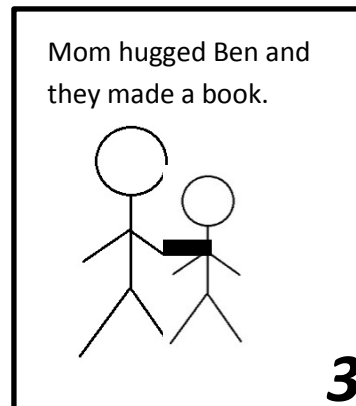
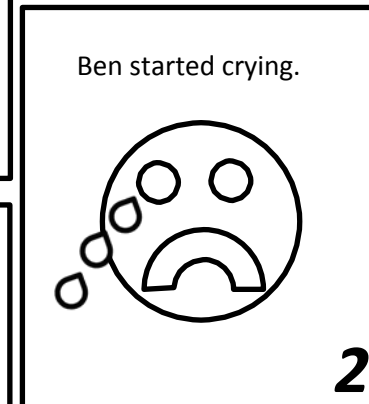
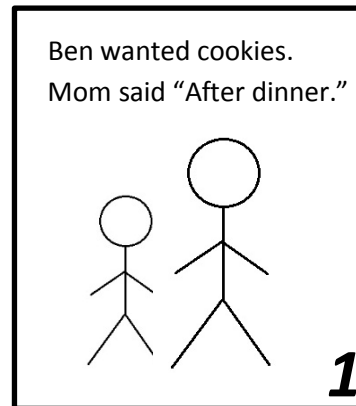
Write the child's name on the front of the book and what the book's about.



## Step 1

Using simple pictures and words describe what happened (what you observed) and what feelings you saw expressed.

## Step 3



---

book about 's

