



WHAT KIDS LEARN FROM YOUR STORY

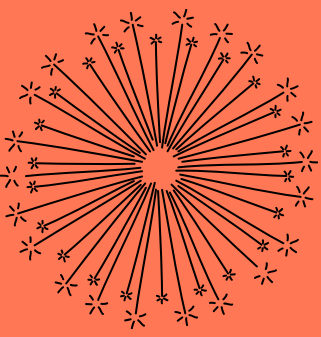
Conversations with kids

A great way for you to help your child build **empathy** is to share stories with them from your own life. Recall the details of past moments that are similar to your child's challenges and disappointments and share them freely. These stories will deepen your connection with your child and show them that you do really understand what they are going through. Research shows that story telling can be a powerful way to help your child develop empathy, gain self confidence, have a stronger personal identity and navigate lifes' rain with more confidence. Here are some tips for sharing your story with your child:



USE PATIENCE

Wait until your child has had a chance to share their feelings about their current challenge and ensure they feel heard before you start. Your story will have more power after your child has been able to clear some space in their busy mind.



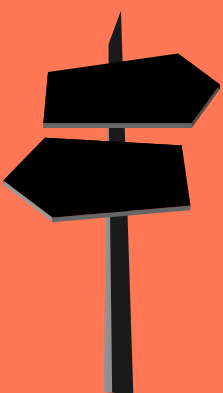
GET SPECIFIC

This is not a lesson or a quick way to say "see I'm fine and you will be too". This is a chance for your child to believe they are not alone. Try to recall a specific moment instead of a broad idea. Use rich vivid descriptions about what you saw and felt.



DON'T OVER SENSOR

Don't edit out all the funny, sad, risky bits. Remember, kids like a good story too and they can tell when it has been washed for their benefit. DO keep your story appropriate to your child's level of understanding and make sure to share what you gained from the experience.



BE REAL

It's OK to be vulnerable. Be authentic and share the challenge you had to overcome, a real choice moment that you had to face.