PARENTS AS TEACHERS

The Parents as Teachers Parenting Program at SJRC Texas provides FREE in-home parenting support to families with young children

SCHEDULE YOUR APPOINTMENT TODAY

Why parenting support?
The Parenting Program at SJRC Texas wants to help you give your child the best possible start! Learn how to capture the teachable moments in everyday life. We believe all children deserve support so they can learn, grow, and develop to realize their full potential. Parents As Teachers (PAT) provides the information, support, and resources families need to help their children develop during the crucial early years of life. We believe supporting healthy families builds a healthy community.

EMPATHY
EMPATHY IS THE ABILITY FOR ONE PERSON TO PERCEIVE THE EMOTIONS, NEEDS, OR DESIRE OF ANOTHER

How can we help our children develop empathy?
1. Nurturing Discipline Techniques: Hitting, spanking, belittling, and criticizing are all road blocks to developing empathy. Positive discipline has the greatest impact on the development of empathy.
2. Identify and Honor your Child's Feelings: Validating your child’s feelings allows them to accept their own emotions. “You look so sad. Losing your ball is a sad thing.”
3. Model Empathy: When parents practice empathy they are teaching their children to react to others in a caring way.
5. Point out Non-Verbal Cues: Teach children what their non-verbal cues are saying. “It hurts my feelings when you roll your eyes while I am talking.” “When you smile at me I feel good inside.”