



Roots of Empathy  
Racines de l'empathie

Are you a proud parent with a new baby?  
Will your baby be 2 - 4 months old in October?

## You and your baby could be a Roots of Empathy family



### What We Do

Roots of Empathy is an award-winning program for elementary school children.

The program helps children to learn about a baby's needs and development, and lets children see the best model of empathy—the relationship between parent and baby.

Classes are taught by a Roots of Empathy Instructor trained to give lessons on how a baby grows, naming and talking about feelings, and thinking about the feelings of others—empathy.

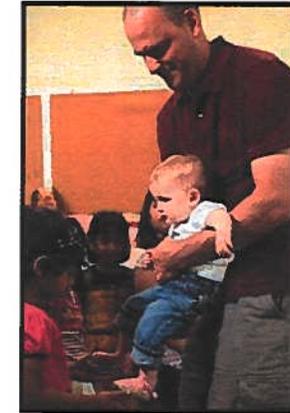


### What a Roots of Empathy Family Does

At the heart of the program are a neighbourhood infant and parent who visit the classroom every three weeks over the school year for a total of 9 visits, each about 30 minutes long. A trained Roots of Empathy Instructor coaches students to observe the baby's development and to label the baby's feelings. In this experiential learning, the baby is the "Teacher" and a lever, which the Instructor uses to help children identify and reflect on their own feelings and understand the feelings of others.

This "emotional literacy" taught in the program lays the foundation for more safe and caring classrooms, where children are the "Changers". They are more competent in understanding their own feelings and the feelings of others (empathy) and are therefore less likely to physically, psychologically and emotionally hurt each other through bullying and other cruelties.

During Family Visits, students will have lots of questions about your baby and about what it takes to be a parent. They will be coached to take the perspective of your baby, to understand what your baby is feeling.



### Our Commitment to You

At the start of the year, the Instructor will come to your home to talk about how the program will run and answer any questions you may have.

The Instructor will call before each of the 9 classroom Family Visits to talk about the theme for the visit. The Instructor will tell you about questions the students asked since the last Family Visit.

Your baby will be loved by every student and be a star in the school and your family will be helping to build empathy in children. Parents from each province in Canada and 10 countries participate in building empathy around our green blankets. Research has proven that the program reduces bullying and aggression in children and they become kinder, more cooperative and caring.

### For more information:

[www.rootsofempathy.org](http://www.rootsofempathy.org)

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