



with Care for the Family

Discussion Questions

Episode 7: Empathy

1. What is your understanding of empathy? Do you find empathy easy or more challenging?
2. Marina shared some research that suggested that children in this generation will need creativity, problem solving and empathy skills to thrive as they grow up. How can we help our children to develop in these areas?
3. Hope shared how she has been teaching her children about empathy when they are using a digital device. It can be easy for our children to forget that there is a person with feelings and experiences on the other side of the screen. How can we intentionally help our children navigate this in the digital world?
4. Katharine shared how valuable face-to-face contact is for our children. Our brains have 'mirror neurons' that help us to learn what someone may be thinking or feeling by watching and then replicating what they are doing. What examples can you think of where your children have 'mirrored' what you are feeling or doing?
5. The presenters talked about the opportunity we have as parents to model empathy to our children. Can you think of any day-to-day moments that could provide those opportunities?
6. Katharine talked about the value of allowing our children to experience some of the more difficult emotions naturally as they come up, so they feel more equipped to empathise with others who are feeling sad, angry or hurt. How could you help your child understand some of these more complex emotions?
7. Marina shared how they used 'I wonder ...' questions regularly as their children were getting older, to help invite compassion, empathy and understanding. What else could we do to help our children develop a well-rounded perspective of other people and their actions?
8. What are some of your key takeaways from this session?



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