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This time of year reminds us of the importance of giving. It can also be a great time to encourage your child to be a caring and compassionate child. Empathy is understanding and connecting to other people's feelings. We sometimes state this as walking in someone else's shoes. It is sometimes difficult for young children to demonstrate this trait. Some ways to develop empathy in your child: 1) **Let your child know often that how they treat others matters to you greatly.** 2) **Believe that your child is capable of being kind.** 3) **Acknowledge kindness.** 4) **Don't let rudeness pass.** 5) **Explain that calling someone names or excluding them from play can be as hurtful as hitting.** 6) **Model positive action.** Holidays ARE a special time of year. While this time of year is fun and exciting, I realize that it also can be a stressful and hard time of year for students and families. Please do not hesitate to contact me if I can be of any support for you and your child(ren). *I wish all of you a wonderful holiday season and a Happy New Year!*