

# Help Children See Other People's Perspectives

Talking about how others think and feel helps children understand and appreciate different viewpoints, develop empathy, and relate to others. You can encourage children to think about how others might think by using these fun tips:

## Play Time

Talk about feelings during pretend play. For example, if the child is pretending to be a doctor and says, "I'm giving bear a needle!", you could say, "I wonder how the bear feels about getting a needle." Wait for the child's response. If they seem unsure of how to respond, you could say, "Maybe he's a little scared?"



## Daily Activities

Talk about food preferences during mealtime. If the child says, "I love berries," you could say, "I like berries too, but pears are my favourite." Try including others' likes in the conversation, too! You could say, "You love berries and Sam loves apples. Different people have different favourites!"

## On the Go

If the child notices a crying baby, talk about how the baby may be feeling. You could say, "The baby is crying. Babies cry when they're sad, hungry or even tired. I wonder what would make the baby feel better." Wait for the child to respond. If they don't respond, offer a suggestion like, "Maybe he needs a nap."

## Book Reading

When reading together, talk about what the characters think and feel. If the child says, "His mom is mad!", you could say, "Yes, she is mad because Mortimer won't go to sleep." If the child adds, "Mom thinks he's too loud," you could say, "I think you're right. I wonder what his brothers and sisters are thinking."



## Notes