

Understanding and Empathy

Guest post by Larry Cohen.

When our children have been “bad,” it’s hard for us to remember that they need comfort rather than punishment. After all, when you have made a mistake, would you rather get understanding or criticism?

The best way to cultivate empathy is to focus on children’s underlying needs and feelings, instead of reacting to the behavior. If we tune in to what they need – including the need to be understood – then children will be more cooperative and happier.

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