



Roots of Empathy
Racines de l'empathie

September 2023

Dear Roots of Empathy Instructors,

Thank you for volunteering with Roots of Empathy. We are excited that you will be bringing Roots of Empathy to children in their classroom.

We are proud to be able to send along your start-up materials.

Please check to see that you have the following materials in your startup kit and if you are missing any, please be in touch with your Programme Manager:

- 4 Roots of Empathy Safety Message Brochures (grades 4-8 classes only) per program
- 3 Roots of Empathy Baby T-shirts per program (3-6, 6-12, 12-18 months)
- 1 copy of each of the five Roots of Empathy Safety Brochures for each volunteer family
- 1 banner for your bulletin board
- 2 "Roots of Empathy Lives Here" posters – please hang one at the front entrance to the school and one on the door of the classroom

Roots of Empathy Safety Message Brochures (five in all)

Four of these simple brochures are handed out in classrooms (Grades 4-8, Roots of Empathy Junior and Senior Curriculum only) to help children learn how to protect babies from harm. Children have been powerful in spreading the news about these dangers.

All five of these brochures will be given to the volunteer parent(s)

- Roots of Empathy Never Shake a Baby Safety Message Brochures (to be handed out during Theme 2, Pre Family Visit);
- Roots of Empathy Back to Sleep (SIDS) Safety Message Brochures (to be handed out during Theme 5, Pre Family Visit);
- Roots of Empathy Fetal Alcohol Syndrome Disorder (FASD) and Roots of Empathy Second Hand Smoke Safety Message Brochures (to be handed out to the students during Theme 6, Pre Family Visit); and,
- Post-Partum Depression is to be given to the volunteer family along with one of each of the four Roots of Empathy Safety Brochures listed above. "In my work with families over the years I have witnessed the heartbreak of mothers being alone in dealing with Post-Partum depression. The purpose of the pamphlet is to make more public the condition which affects 15% of mother's who give birth." -Mary Gordon

Roots of Empathy Programme Information Brochures – School and Parent

These programme information brochures are to be shared with both the Principal and teacher, as well as the Roots of Empathy family. In advance of your "Meeting the Principal & Teacher" and "Meeting the Volunteer Family" visits, we suggest you send an electronic copy via e-mail. These brochures are available on the Roots of Empathy Instructor Dashboard. (instructions on page 2)

Roots of Empathy Baby T-Shirts

We often refer to the Roots of Empathy babies as our "Tiny Teachers." In our literature, we speak of the baby as being the "Teacher" and lever that the Instructor uses to help children to identify and reflect on their own feelings and the feelings of others. All Roots of Empathy babies will be wearing their uniforms (Roots of Empathy "Teacher" T-shirts)

250 Dundas Street W, Suite 802, Toronto, ON Canada M5T 2Z5
416.944.3001 | mail@rootsofempathy.org | rootsofempathy.org | @rootsofempathy

Charitable Number 89643 4818 RR0001 Roots of Empathy is a Registered Trademark





while participating in the programme. We want to reinforce the powerful message that our babies are the children's textbook in learning about Roots of Empathy program/programme content and philosophies, such as emotional literacy, temperament, attachment/attunement, neuroscience and infant development.

We request that:

- Give the first 2 t-shirts to the family during the "Meeting the Roots of Empathy Family" visit and hold the third one back in the family visit kit in case the parent forgets to put the t-shirt on the baby (you can also borrow the shirt from the doll, if necessary). **Note: Please refrain from giving the family the 'Tiny Teacher' t-shirts if you have any reservations about their suitability for the program. In this case, please contact your Mentor/Senior Mentor right away.**
- Babies wear the shirts as a school uniform for all nine Family Visits.
- The t-shirt should fit snugly on the baby so that the children will see the word "Teacher" and Roots of Empathy logo.
- The t-shirts are gifts for the Volunteer Family to keep from Roots of Empathy.

'Where do I find Programme Start Up Information?'

- Log into your Instructor Dashboard and click on the Program Start Up Tab to access all information and links to begin your programme.
- Instructor Dashboard Link: <https://crm.roe-vti.org/idashboard/login.php>

The Roots of Empathy Instructor Dashboard was developed specifically for Roots of Empathy Instructors. The link and password to this protected page should not be shared.

It is important to remember that all Roots of Empathy curriculum is copyrighted material and may only be used by Roots of Empathy Instructors. As per your Instructor agreement with Roots of Empathy, under no circumstances may the Roots of Empathy curriculum be copied or distributed to any other individual.

If you have any questions about this process, please contact your local Roots of Empathy Programme Manager Ashild Bergstol at ashild.bergstol@notodden.kommune.no

Enjoy your "Tiny Teacher" this programme year. Thank you for your commitment in helping change the world, child by child.

With Gratitude,

Mary Gordon Founder/President

