



Roots of Empathy
Racines de l'empathie

Welcome to the Roots of Empathy Mid-Year Training


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18 Questions Video

Group Question:
What do you notice
about the students
in this video?


"Emotions are the first language of the child
and the universal language."
- Mary Gordon, Roots of Empathy Founder/President
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Experiential Questions in Roots of Empathy

How is the baby feeling?
How do you know the baby is feeling that way?
How are you feeling right now?


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Temperament


What questions did the Instructor ask to help bridge the students observations of Baby Carter to their own experiences with frustration and activity level?



"Discussions about the baby's temperament traits leverages discussions about the children's temperament, which results in self understanding and understanding others."
 - Mary Gordon, Roots of Empathy Founder/President

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Family Visit Checklist

- Emotional Literacy
- Engaging the Parent
- Engaging the Students
- Attachment and Attunement
- Neuroscience
- Temperament
- Infant Development
- Empathy
- Following Baby's Lead
- Reading Baby's Cues


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The 4 Threes

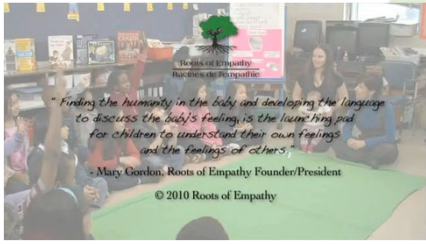
- **3 Breaths** at the beginning of each of the 27 visits, have the students take 3 deep breaths
- **3 Seconds** Have parent and baby pause in front of each child for 3 seconds when singing the welcome and goodbye song
- **3 Temperament Traits** highlighted at each family visit and bridge to the students' temperament
- **3 Songs** to be sung at each family visit. Choose songs that match the baby's state to help coach children to be attuned to how the baby might be feeling.

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Emotional Literacy

Group Question
 What 3 questions did the Instructor ask at the beginning of the Family Visit?



"Finding the humanity in the body and developing the language to discuss the body's feeling is the learning tool for children to understand their own feelings and the feelings of others."
 - Mary Gordon, Roots of Empathy Founder/President
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Emotional Literacy

Pair and Share Question 1

How does asking these three questions help children develop Emotional Literacy?

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Emotional Literacy

Group Question

Are there other ways that we help children develop Emotional Literacy in Roots of Empathy?

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Emotional Regulation




"When children have opportunities to experientially observe how a parent can regulate a baby's emotions, they have the beginnings of the conversation about how they can regulate their own emotions."
- Mary Gordon, Roots of Empathy Founder/President

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Emotional Regulation

Pair and Share Question 2

How does the Instructor guide the student's observations of the attachment between the parent and baby to help the students understand the importance of this positive relationship in helping the baby to regulate his/her emotions?

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Emotional Literacy

Group Question

How could the Instructor bridge the student's observation of how the parents helps the baby to regulate their emotions to the student's ability to regulate their own emotions?

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