

Through the Eyes of Our Children

Dr. Sam Goldstein, co-author, *Raising Resilient Children*

Sam: I'm Dr. Sam Goldstein, co-author of *Raising Resilient Children*. Have you ever taken the time to view life through the eyes of your children? When you do you're practicing empathy. The definition of empathy is pretty simple: it's the ability to take another person's perspective. To be empathic with your children you have to walk in their shoes, regardless of age...or shoe size, taking the time to understand and experience their perspective. This enhances communication and allows children to perceive that they've been listened to, and appreciated. This doesn't mean you always agree with their points of view but rather you respect they have them. Empathy is the starting point for good parenting. Here's a useful yardstick: would you want others to speak to you the way you are speaking to your children? If not, you've got some changes to make. I'm Dr. Sam Goldstein for the Raising Resilient Kids Foundation.

ANNCR: Visit our website at raisingresilientkids.com. Gaze into the future – through the eyes of your children.