

BUILDING EMPATHY

Friday 29th January 2016

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S.P.E.C.S.

- ◉ Supporting Parents and Early Childhood Services
- ◉ Consortium of statutory and community bodies
- ◉ ABC Programme (DCYA/Atlantic Philanthropies)
- ◉ Delivering nationally and internationally recognised programmes



ROOTS OF EMPATHY

- ◉ International programme (Canada)
- ◉ Short-term goals
 - More respectful caring relationships
 - Reduced levels of bullying and aggression
- ◉ Long term goals
 - Responsible citizenship
 - Responsive parenting



Roots of Empathy
Racines de l'empathie

ROOTS OF EMPATHY

- ◉ Trained instructor from staff
- ◉ 27 lessons
- ◉ 9 Classroom visits
- ◉ Baby as “Teacher”



ROOTS OF EMPATHY

- ◉ Observing development
- ◉ Emotional literacy
 - Predicting changes
 - Reflecting on feelings
- ◉ Perspective taking



ROOTS OF EMPATHY

◉ Research findings

- ◉ increase in prosocial behaviour
- ◉ decrease in aggression
- ◉ increase in social & emotional understanding
- ◉ increase in knowledge of parenting
- ◉ increase in cognitive and emotional empathy



ORGANISATIONAL DETAILS

- ◉ Barnardo's - lead agency
- ◉ Training & ongoing mentoring/support
- ◉ Programme evaluation
- ◉ Increased capacity in Year 2
- ◉ Cost of training - corporate outreach