**Newsletter Blurb**

This month’s ABC book, ***The Invisible Boy*** by Trudy Ludwig, helps students develop the ability to establish and maintain healthy and rewarding relationships with people different from themselves. It also encourages students to show empathy. At home, you can continue to help your child build empathy skills by doing the following:

* Empathize with your child by asking questions.
* What did you learn today that was interesting?
* What was the hardest part of your day?
* How would you like to spend a day if you could do anything?
* Do you have a friend that you especially respect?
* Why do you respect that person?
* Make caring for others a priority and lead by example.
* Engage in community service with your child.
* Express interest in those from various backgrounds or those facing different types of challenges.
* Encourage your child to write messages of kindness in sidewalk chalk.
* Offer to pick up store items for an elder neighbor.
* Together with your child, make “thank you” posters or cards to put in the window or on the front door for the mail carrier or delivery person.

Be a role model for empathy. It is at the heart of what it means to be human. We all want to raise children who are happy and KIND!

