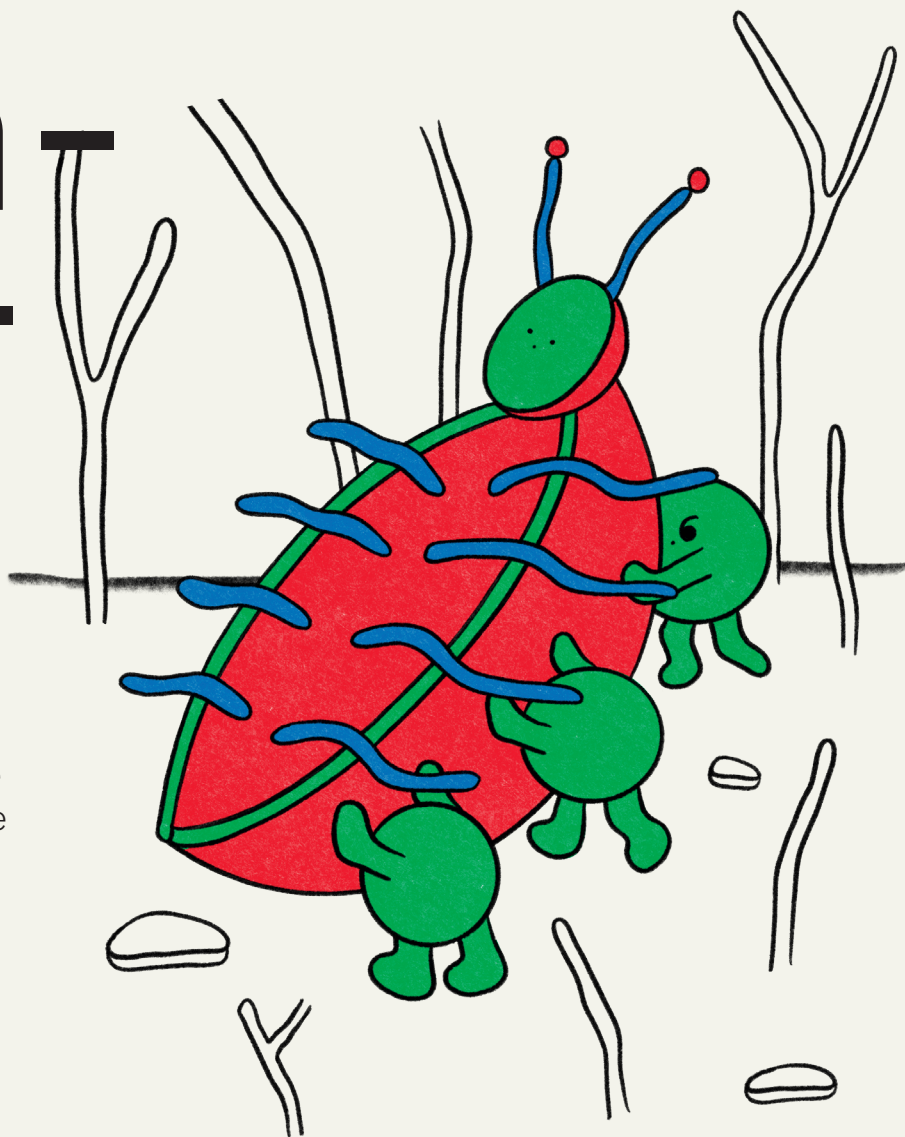


com- pas- sion



Compassion means “to suffer together.” Among emotion researchers, it is defined as the feeling that arises when you are confronted with another’s suffering and feel motivated to relieve that suffering.

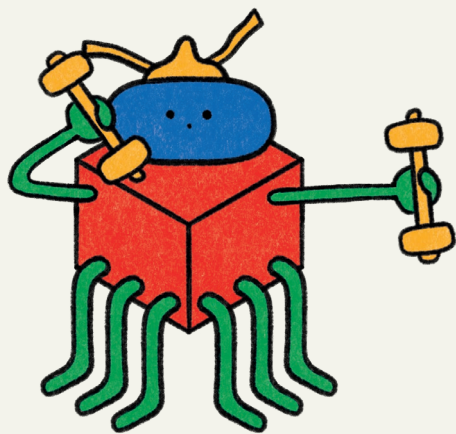
Reflection Questions for Parents

Reflect on the following statements¹ and consider how much you agree or disagree with the statements as well as opportunities for becoming more compassionate towards yourself.

- When I’m feeling down, I try to approach my feelings with curiosity and openness.
- I’m kind to myself when I’m experiencing suffering.
- I try to see my failings as part of the

Why cultivate compassion and self-compassion?

Compassionate parenting has psychological benefits for parents, including higher levels of parenting satisfaction and meaning in life.² Fostering self-compassion helps parents build their emotional reserves. Parents who practice loving-kindness³ meditations tend to be calmer, more sympathetic, and less angry and frustrated about com-



Why support children and teens in cultivating compassion and self-compassion?

Children who experience more loving relationships with their parents also tend to be more compassionate and helpful⁴ toward others later in life.

Self-compassion is particularly important for teens and can help protect them against trauma,⁵ peer victimization,⁶ depression and self-harm,⁷ perfectionism,⁸ low self-esteem,⁹ and climate anxiety.¹⁰

Practices to Help Parents Foster Compassion and Self-Compassion

Feeling Supported: Recalling how others have comforted us can make us more compassionate.



Reflecting on the people in our life who love and support us can increase our feelings of security and also remind us of the qualities we want to embody when supporting others.

Fierce Self-Compassion Break: Cultivate the clarity and courage to protect yourself from harm.



When adults help children feel heard, it helps everyone feel less distressed and more calm.

Practices to Help Children and Teens Foster Compassion and Self-Compassion

Loving-Kindness Meditation: Strengthen feelings of kindness and connection toward others



Loving-kindness meditation increases happiness in part by making people feel more connected to others—to loved ones, acquaintances, and even strangers

Pleasant Events Calendar for Kids: Help children cultivate self-compassion by planning enjoyable activities.



Like adults, children experience stress that feels overwhelming at times. Research suggests that taking care of and being kind to themselves can help adolescents reduce stress and increase feelings of curiosity and gratitude.

Read More About Cultivating Self-Compassion in *Greater Good*

Self-Compassion for Parents

Do you beat up on yourself for being a bad parent? There's an alternative.

