

## Roots of Empathy

How do you grow a more caring and peaceful society? You create better citizens, citizens who recognize the needs of others as equal to their own. It's simple really. Simple enough for the youngest children to learn. Basic enough for a baby to teach. That's Roots of Empathy.

Introducing this culture of caring into the classroom is enormously important, as the classroom is the future in miniature. When we coach a child to recognize and respond to and care about the feelings of others, the child is changed forever. Breaking intergenerational cycles of violence and poor parenting happens every day in thousands of Roots of Empathy classrooms. Empathy is the first step in conflict resolution, basic to altruism and essential to every successful relationship in life. As empathy increases, bullying and aggression decrease. If we can change our children today, they will change their world tomorrow. In 2008-09 63 babies are participating in 44 schools in 26 communities in Newfoundland and Labrador. Many community organizations make these programs possible through both in kind and financial contributions.



Our organization believes that to grow a more caring peaceful and civil society, we need to start with the children. What we do with our babies and children today determines the future of our community, our country and the world!