



Effortless Empathy

# The 3 Step Effortless Empathy Method



Kari Carr



3 Simple Steps that Transform  
Your Child From the Inside Out.



# Teaching Empathy to Children in 3 Simple Steps

## Quickstart Guide

Empathy isn't something we lecture — it's something we live.

These three simple steps turn ordinary moments into powerful lessons in kindness and confidence.

You can try them right now — with your child, your cookies, your crayons, or your compassion.

### STEP 1: CONNECT

Do something together that creates joy and closeness.

Cook, draw, garden, build a fort — anything that sparks laughter and connection.

Example:

Make cookies together. Talk, laugh, and let your child take the lead.

Connection is the point where empathy starts to grow.

### STEP 2: EXTEND

Ask, “Who else could enjoy this?” and follow through together.

Help your child make a short list — Grandma, a neighbor, a teacher, a friend — then deliver the cookies, card, or kindness.

Example:

Deliver the cookies to a neighbor or teacher. Let your child do the giving.

Empathy develops when joy is shared.

### STEP 3: REFLECT

Ask your child how it felt to share — and what they noticed.

Use simple, open-ended questions:

- “How did they look when you gave it?”
- “What do you think they felt?”
- “How did that make you feel?”

Example:

Talk about how your child felt after delivering the cookies.

Did they smile? Feel proud? Want to do it again?

When children link kindness to their own feelings of joy,  
empathy becomes part of who they are.



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## **THE TAKEAWAY:**

Empathy grows in small, shared moments — and those moments shape who our children become.

Try the method once this week.

Notice the sparkle in your child's eyes during Step 3 — that's self-worth being born.

## **KEEP THE CONNECTION GOING:**

You just practiced the foundation of empathy.

And that matters.

Because empathy is not built through one big conversation...

It's built through small moments—repeated—until kindness becomes part of who your child believes they are.

The real magic happens when these moments become a family rhythm.

When connection comes before correction.

When helping others begins to feel good from the inside out.

When empathy becomes identity.

If you're wondering what your child needs most right now—or which part of the process may be missing...

## **Start with the Parent Style Quiz.**

In less than 3 minutes, you'll discover:

- ✓ Your natural parenting pattern
- ✓ What may be quietly shaping your child's empathy
- ✓ Your next best step for creating lasting emotional growth



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## Take the Parent Style Quiz:

<https://www.effortlessempathy.com/parentstylequiz>

With warmth and wonder,

*Kari Carr*

Children's Author & Empathy Educator

P.S. If you already know your parenting style and you're ready for practical tools you can use today, start with the Empathy Starter Pack.

<https://www.effortlessempathy.com/starterpack>