

AUGUST 2, 2016

Empathy underlies virtually everything that makes society work - like trust, altruism, collaboration, love and charity.

Failure to empathize is a key part of most social problems - crime, violence, war, racism, child abuse, and inequality, to name just a few.

Bruce D. Perry

Born for Love: Why Empathy is Essential - and Endangered

Empathy

THE FOUNDATION OF EMOTIONAL HEALTH

By Dr. Laura Markham (Aha! Parenting.com)

I see parents and children make breakthroughs every day. And guess what makes the most difference? Empathy. If we can actually see things from our child's perspective, everything changes. Not that we let our child do whatever he wants just because we understand why he wants to. But once we understand, we can intervene so that our child feels understood, and help him meet the needs that he was trying to meet all along, from connection to mastery to feeling valued.

Empathy is more than the foundation of emotional intelligence; it's the foundation of effective parenting, according to John Gottman, the author of *Raising An Emotionally Intelligent Child*. Why? Because it's essential to your ability to understand your child and connect with her. Because it will prevent you from visiting on your child all the issues from your own childhood. And because without it, your child simply won't feel loved, no matter how much you love her.

13 Kids Books to Spark Conversations About Empathy

Lately, it seems like every other day, we turn on the news or open up our social media to find that another tragedy has occurred. Each time we're faced with these events, we may be overcome with sadness, frustration, and hopelessness. But in these times, it's important to have conversations with the children around us about inclusion and empathy. [VIEW BOOK LIST](#)



Source: TinyBop Blog

Empathy is often defined as seeing things from the other person's point of view. But empathy is actually a physical event, controlled by the insula in our right brain. The structure of the right brain is formed during the first two years of life, before your baby becomes verbal. Scientists suspect that the right brain is the orchestrator of intimacy. The insula connects the brain with the heart, digestive organs, and skin. So when our heart leaps, or our stomach turns, or our skin crawls, the insula is sending us a message. And when we feel deep empathy, we feel it in our bodies. That means a more accurate definition of empathy is "feeling" from the other person's point of view.

When a parent bestows the gift of empathy on a child, that visceral connection changes everything. Empathy strengthens the relationship bond. Empathy helps the child to feel understood, less alone with her pain and suffering. Empathy heals.

[CONTINUE READING](#)

YOU'RE GOING TO LOVE IT AT

ADVENTURELAND

IFAPA's Appreciation Day is Saturday, Aug. 20

We hope you can join us at IFAPA's Appreciation Day for Iowa's foster, adoptive and kinship families at Adventureland Park in Altoona. Discount tickets can be pre-purchased via mail or online with a credit card. These tickets can only be used on Saturday, Aug. 20th.

FAMILY TICKETS:

\$23 per ticket for all immediate foster and adoptive family members ages 4 and older living in your home. All children under age 3 are FREE!

GUEST TICKETS:

Tickets may be purchased for other family members (not living in your home) or friends for \$28 per person. (Regular admission tickets are \$42 per person)

REGISTRATION DEADLINE:

Ticket orders must be received no later than Friday, August 12th.

TICKET PICK-UP:

On Sat., Aug. 20, IFAPA will have a table set up at the front entrance gate at Adventureland. Pick up your pre-purchased tickets at the IFAPA table from 9am to 12pm. After 12pm, tickets will be held at the will call ticket window.

PARK HOURS ON AUGUST 20:

Amusement Park - 10am to 10pm
Adventure Bay Waterpark - 10am to 5pm

ORDER TICKETS ONLINE

ORDER TICKETS VIA MAIL

(VIEW ADVENTURELAND FLYER)

5 Unique Responses You Need to Know to Get Kids Listening

READ ARTICLE Source: Carrots Are Orange Blog

ONLINE POLL ON FOSTER YOUTH ISSUES

Foster Youth in Action (FYA) wants current and former foster youth, foster parents, and professionals in the child welfare system alike to all take part in its National Poll of Foster Youth Issues.

Foster Youth in Action organizes a grassroots network of foster youth-led groups through training, leadership opportunities, shared learning and advocacy. With 16 foster youth-driven partners in 15 states, FYA is the only national organization raising up and connecting independent, grassroots groups fighting to secure rights and opportunities that current and former foster youth deserve.

The Poll was created by Leaders United, FYA's council of youth and young adult representatives from its grassroots network. Leaders United will use this poll to help identify and raise up the priority issues of foster youth to elected officials, national advocacy groups, funders and other stakeholders during its national DC convening in October 2016.

Please share with current and former foster youth, foster parents, and professionals in your network. We want their voices to be heard!

COMPLETE THE ONLINE POLL

Get a Head Start on Your Scholarship Attack Plan

As the old saying goes, "There's no such thing as a free lunch." But while college students receiving scholarships and grants might not get a ham sandwich, they get something even better: money for their education that does not have to be repaid after graduation. It's as close to free money as a student can get. Creating a realistic approach to scholarships and grants starts with understanding what they are. [Start preparing now to take advantage of financial aid and scholarship options down the road.](#)

VIEW COLLEGE PLANNING RESOURCES