
PARENTING GT CHILDREN
WITH **COMPASSION**
THROUGH MODELING

COMPASSION

"Compassion... feeling of concern for another person's suffering which is accompanied by the motivation to help"

COMPASSION - ACT

Compassion is taking **action** guided by one's cognitive and emotional empathy

Compassion is the **doing** *something* part of empathetic feelings



QUICK REFERENCE POINT

- **Baby Boomers:** born 1946 to 1964. ...
- Generation Jones: born 1955 to 1965. ...
- **Generation X:** born 1965 to 1980. ...
- Xennials: born 1977 to 1983. ...
- **Millennials:** born 1981 to 1996. ...
- **Generation Z:** born 1997 or after. ...
- **Generation Alpha:** born 2010 or after.

UNDERSTANDING GENERATIONAL INFLUENCE

| GEN “Y” | GEN “Z” | GEN “ALPHA” |
|--|--|--|
| born between 1980-1994 early mid 2000s (MILLENNIALS) | born between 1995- 2009 | born between 2010 to 2024. |
| liberal, tech savvy, bold and self expressive, confident, open to change | highly visual, possess active imaginations, and deep, intense emotions | Predicted to be the most educated Generation in history, TECH SAVVY/ EXPERT, highly personalized learning, Social media dominant, don't play by rules of sharing, |
| labeled often as : selfish, narcissistic, lazy, delusional and disloyal | labeled often as : Digital Natives. Entrepreneurial, diverse, lonely, overwhelmed, Progressive, Individualistic | labeled often as : materialistic, short term – live in the moment, dynamic |

COMPASSION & GT

- characterized by feelings of warmth, concern and care for the other
- motivation to improve the other's well being
- specifically – FEELING FOR the other (not feeling with the other)
- **influenced by training or modeling**
- practicing compassion increased positive affect, personal resources and well being in everyday life
- promotes resilience
- better equipped to handle stressful situations
- less anxiety, depression and negativity

If there is anything we wish to change in the child, we should first examine it and see whether it is not something that could be better changed in ourselves.

C.G. Jung



PARENT'S ROLE

- Modeling
- Developing and using an “emotional vocabulary”
- “Talk the talk and Walk the walk”-Yes your kids watch and absorb what you say and do
- Provide play experiences and opportunities to develop compassion
- Use Stories – Read a variety of books to expose many scenarios of kindness
- Use games and role play
- Praise and point out acts of kindness
- Redirect and teach what a lack of compassion is also
- Service-learning
- Volunteering



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DID YOU KNOW?

A recent study showed in a sample of 32 a mother's warmth, support and rational discipline (i.e. reasoning) in childhood predicts higher levels of compassion related traits in adulthood well into young adulthood (~30s)

“According to the principles of social learning theory, children learn by observing others’ behaviors (Bandura, 1978). Thus, observing their parents’ warm and accepting interactions is likely to give children a model that supports the development of compassion.”

Hintsanen, Mirka, Gluschkoff, Kia, Dobewall, Henrik, Cloninger, C. Robert, Keltner, Dacher, Saarinen, Aino, . . . Pulkki-Råback, Laura. (2019). Parent-Child-Relationship Quality Predicts Offspring Dispositional Compassion in Adulthood: A Prospective Follow-Up Study Over Three Decades. *Developmental Psychology*, 55(1), 216-225.

TAKE AWAYS....

Parents Make the Difference!!

What you show your kids to feel is what they will do to others

“**compassion** has its **developmental** roots in **early life experiences**”

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Gluschkoff, Kia, Oksman, Elli, Knafo-Noam, Ariel, Dobewall, Henrik, Hintsanen, Taina, Keltikangas-Järvinen, Liisa, & Hintsanen, Mirka. (2018). The early roots of compassion: From child care arrangements to dispositional compassion in adulthood. *Personality and Individual Differences*, 129, 28-32.



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HELPFUL RESOURCES AND REFERENCES:

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- <https://globalgtchatpoweredbytagt.wordpress.com/2019/07/19/empathy-and-the-gt-child/>
 - [The Caring Child: Raising Empathetic and Emotionally Intelligent Children](#) (Prufrock)
 - [Teaching Empathy and Embracing Intensity](#)
 - [15 Ways to Help Kids Develop Empathy](#)
 - [The Neuroscience of Empathy, Compassion, and Self-Compassion](#) (Amazon)
 - [More Tolerant, Less Happy & Completely Unprepared](#)
~~Empathy and Emotional Regulation in Gifted Children: A Review of Research on Gifted Children's Emotional Regulation (Prufrock)~~
 - [Gifted Children's Emotional Regulation and Intensity in Paddys' Students](#) (Prufrock, October 2019)
 - [Self-compassion and Psychological Distress in Adolescents: A Meta-analysis](#) (Mindfulness, 9(4), 1011-1027, August, (2018).

REFERENCES

Gluschkoff, Kia, Oksman, Elli, Knafo-Noam, Ariel, Dobewall, Henrik, Hintsanen, Taina, Keltikangas-Järvinen, Liisa, & Hintsanen, Mirka. (2018). The early roots of compassion: From child care arrangements to dispositional compassion in adulthood. *Personality and Individual Differences*, 129, 28-32.

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<https://www.nagc.org/blog/growing-gifted-and-generation-z-problem-compassion>

Marsh, Imogen C, Marsh, Imogen C, Chan, Stella W. Y, Chan, Stella W. Y, MacBeth, Angus, & MacBeth, Angus. (2018). Self-compassion and Psychological Distress in Adolescents—a Meta-analysis. *Mindfulness*, 9(4), 1011-1027.