



# Learning to Listen, Learning to Care: A Workbook to Help Kids Learn Self-Control and Empathy

*Lawrence Shapiro PhD*

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## **Learning to Listen, Learning to Care: A Workbook to Help Kids Learn Self-Control and Empathy**

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When it comes to teaching kids to behave well, the "why" is as important as the "how." In **Learning to Listen, Learning to Care**, children learn why it is important to follow rules and behave considerately toward others. This cultivates empathy, which contributes not just to good behavior, but to academic and social success. By working through the fun and engaging exercises in this book, kids learn how to recognize the impact of their behavior on others, express emotion in appropriate ways, and compromise with family and friends.

Behavioral problems among children are at an all-time high in the US. Parents of nearly 2.7 million children say that their kids suffer from severe emotional or behavioral problems that interfere with their family life or learning. A staggering 50 percent of counseling referrals are for behavioral problems. Empathy is the antidote to many of them, according to child psychologist and author Lawrence Shapiro. In **Learning to Listen, Learning to Care**, he teaches the empathy and self-control that can reduce behavioral problems and lead to long-term success. This book is appropriate for kids between the ages of six and twelve.

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