



Roots of Empathy

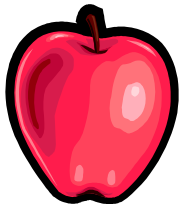
Racines de l'empathie





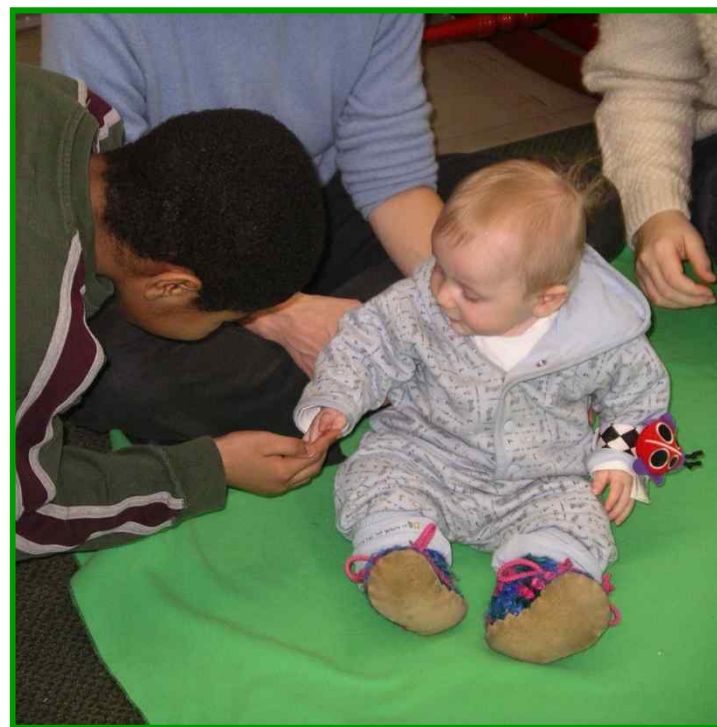
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feel





















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Independent Research

Key Finding #1:

Decrease in aggression

(Tremblay et al., 2004)

Key Finding #2:

Increase in social and emotional understanding

(Payton et al., 2008)

Key Finding #3

Creating more caring and supportive children

(Powers, Ressler, & Bradley, 2009)

Key Finding #4

**Increase in knowledge of parenting
and needs of babies**

(Luthar & Brown, 2007)

Key Finding #5

Lasting results

three

What does this mean for mental health?

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*depression,
anxiety, conduct disorder*

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(Zeman, Shipman and Suveg, 2002)



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www.rootsofempathy.org

