



## Episode 11, “Parenting with Compassion”

### What is compassion?

- Check out Stanford University’s [infographic](#) on the science of social connection and compassion.
- [Read the article](#), “Compassion is Better Than Empathy” from Psychology Today and find out how the two are different!
- Read “Greater Good Keys to Wellbeing” and see their [ten building blocks of individual and community well-being!](#)

### Compassion and Parenting

- Check out these [7 Tips for Raising Caring Kids](#) from Harvard’s Graduate School of Education.
- Check out Berkeley’s [webpage](#) detailing “Greater Good Parenting Practices”
- [Read the article](#) “Self-Compassionate Parents, Happier Teens” from Berkeley.
- Curious about the different resources available for families? “[Making Caring Common Project Resources for Families](#)” from Harvard University’s School of Education may have answers!
- Check out this book on how to raise good humans! [Raising Good Humans: A Mindful Guide to Breaking the Cycle of Reactive Parenting and Raising Kind, Confident Kids](#) by Hunter Clarke-Fields

### How does having compassion affect children?

- Check out Berkley’s Greater Good Magazine’s [“Three Simple Ways for Kids to Grow Their Self-Compassion”](#)
- Read Penn State University’s article on [how to support children’s development of compassion.](#)

### How can I become more compassionate?

- Check out these books about how to be more compassionate!  
[Self-compassion for Parents: Nurture Your Child by Caring for Yourself.](#)  
by Susan M. Pollack  
[Self-Compassion: The Proven Power of Being Kind to Yourself](#)  
by Kristen Neff
- Check out Greater Good’s article on the [common habits of compassionate people!](#)