



## Topic: Supporting children’s empathy and social competence through interactions (birth – 6 years)






Both *Aistear* and *Síolta* highlight the importance of supporting children’s relationships.

In this short CPD session, you will learn about the importance of nurturing positive interactions. The suggested resources for viewing, reading and reflecting on, highlight how you can help children to develop empathy and social competence as you nurture, encourage and support them in developing their own positive self-identity.



### Key connections

- *Aistear*’s theme of [Well-being](#)
- *Síolta* [Standard 5: Interactions](#)

Nurturing relationships are essential in supporting children to develop empathy and social competence.

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	Watch this 4-minute video of Wendy Lee, Director of the Educational Leadership Project, New Zealand giving a definition of <a href="#">empathy and social competence</a> .	
	Watch this 4-minute video of Wendy Lee talking about <a href="#">the power of play in building empathy and social competence</a> .	
	Watch this 3-minute video of Wendy Lee talking about <a href="#">the importance of relationships in building empathy and social competence</a> .	
	Watch this <a href="#">1-minute video</a> of an early years educator explaining the importance of interactions in everyday care-giving routines.	
	Think about how the learning environment you provide creates space for children to build relationships and supports emerging social and emotional competencies. Reflect using sections one and two of the Interactions self-evaluation tool on the <i>Aistear Síolta</i> Practice Guide Pillar, Interactions ( <a href="#">birth – 3</a> and <a href="#">3 – 6</a> ).	
	Discussing stories is a great way to build relationships with children and to support them to learn about feelings and social competence. The booklists below give some samples of books that will help with this. . <a href="#">Suggested list of books to read with babies</a> <a href="#">Suggested list of books to read with toddlers</a> <a href="#">Suggested list of books to read with young children</a>	



<b>My key reflections having viewed/read the above materials</b>	
<b>Prompts for Reflection:</b> What is working well for you in this area? What are the challenges you have experienced in this area? What will you do differently in the future?	
	
<b>An action I can take . . .</b>	
<b>Prompts for Reflection:</b> Outline the changes you plan to make to your practice. How will these changes impact positively on children’s learning and development? Think about the resources and supports you will need. What aspects of this work would you like to prioritise and focus on in the coming weeks?	
	
	Link to the Practice Guide’s <a href="#">Aistear Síolta Action Planning Template</a>

All of the above resources and many more are available on the *Aistear Síolta Practice Guide* website at [www.aistearsiolta.ie](http://www.aistearsiolta.ie)

Thank you for visiting and using the Practice Guide.