



4 STEPS TO HELP YOUR CHILD SAY SORRY

And what to do when you feel frustrated when your child won't apologise

'Sorry' is a beautiful word that repairs relationships and heals hurt feelings. Teaching children to apologise helps them learn empathy and care about others. It takes courage, as it makes us feel vulnerable. Yet, saying sorry is one of life's most essential life skills. Here's our four steps process to help children genuinely apologise.



01 Non-judgemental listening

Calmly approach the child, get down to their level, make eye contact and ask what happened. This holds space for the child to share their side of the story without feeling judged.



02 Empathise

It is likely the child who did the hurting also felt hurt. Showing empathy with a compassionate facial expression, body language, and kind words can help validate a child's feelings of being hurt too.



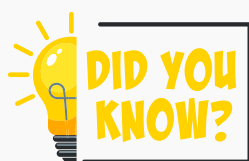
03 Empower

Now the child feels validated and reassured by you we gently help them see their friend's perspective and help them think of healthier ways to communicate their feelings.



04 Repair

We help them repair the relationship by gently guiding the child to their friend, encouraging eye contact and apologising. Our emotional and physical support helps them grow their courage.



It can take time for a child to learn to say "I'm sorry". We can help them through this transition by speaking the words for them. This allows them to model our behaviour and quickly gain the confidence to apologise themselves.

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