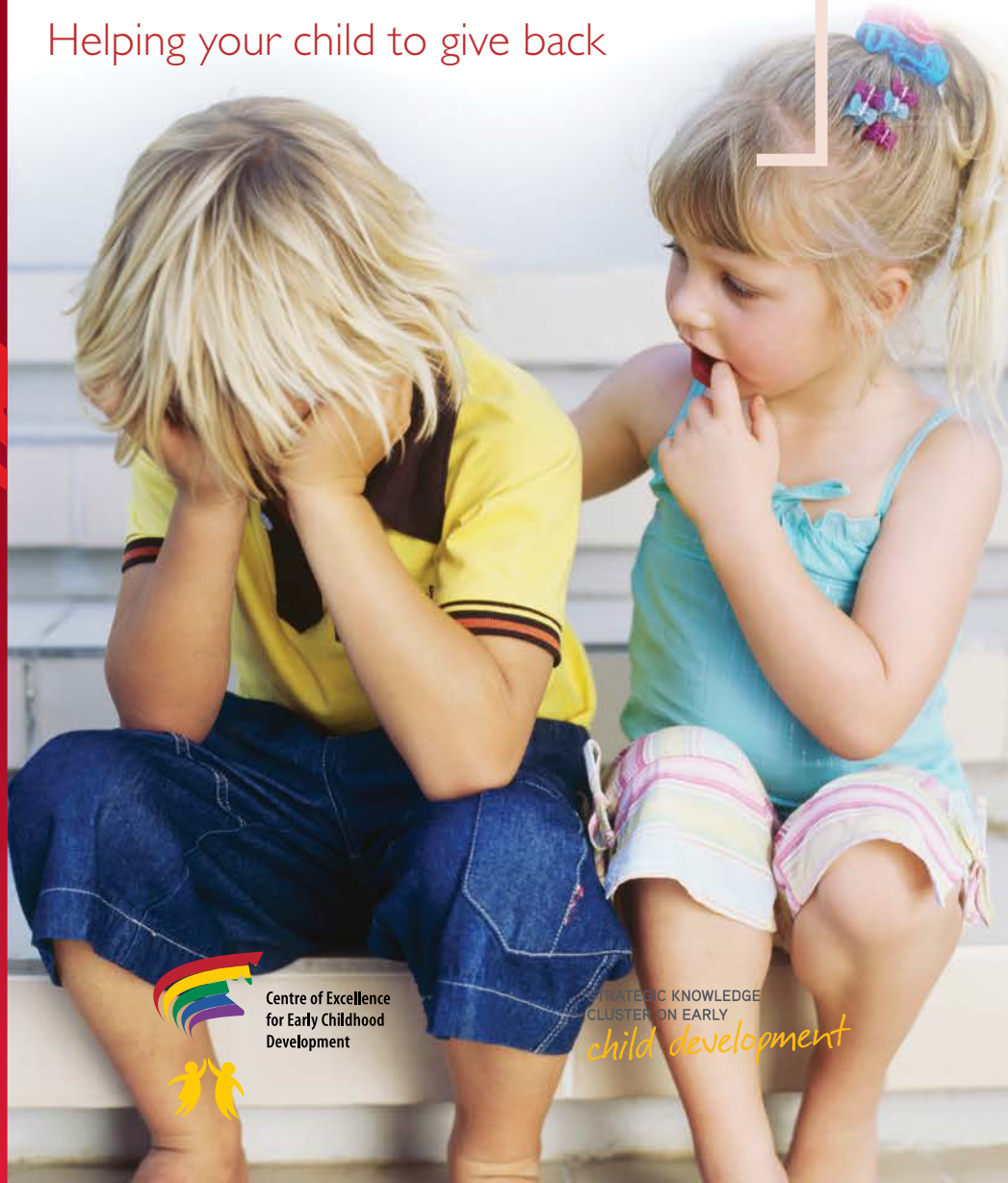


Eyes on



Prosocial behaviour

Helping your child to give back



PARENTS



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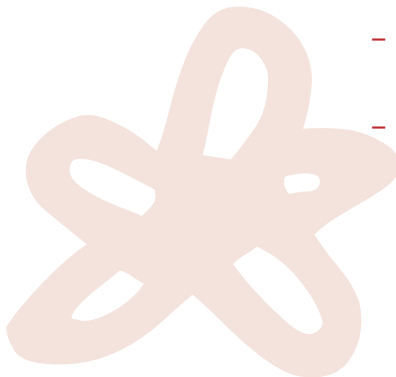
child development



“Young children from all cultures have the same forms of prosocial behaviours.”

What do we know?

- Prosocial behaviours are the things we do, voluntarily, to help others. For example: helping, sharing, comforting and consoling.
- Young children from all cultures have the same forms of prosocial behaviours.
- Prosocial behaviours begin early in life and become more complex over time.
- Around 2 years old, children start to help others without being asked.
- By ages 3 and 4, children are better able to see when others need help. They can respond by sharing, helping and comforting.
- Children who are empathic (i.e., they understand how others might be feeling) are more likely to show prosocial behaviours.
- Children who feel guilty after doing – or thinking about doing – something wrong (e.g., pushing another child) are more likely to have prosocial behaviours than those who do not feel guilt.
- Children who have prosocial behaviours tend to adjust well to school and build the following skills:
 - *Social*: develop positive relationships with their peers and teachers.
 - *Emotional*: are able to understand and manage their emotions in healthy ways.
 - *Cognitive*: develop problem-solving skills and tend to perform well at school.



Paying attention to...

What can be done?

... the different ways you can promote your child's empathy and prosocial behaviours.

- Be a good role model and show a range of prosocial behaviours (e.g., help, share, comfort).
- Express warmth, sensitivity and kindness to your child.
- Help your child identify how others are feeling in everyday situations or in storybooks (e.g., *"The little boy is crying because he lost his teddy bear. How do you think he is feeling? How would you feel if this happened to you? What could his sister do to make him feel better?"*).
- Help your child become aware of situations in which prosocial actions would help others.

... help your child to take part in prosocial events.

- Plan activities that ask your child and his friends to share and help each other to reach a common goal (e.g., treasure hunt).
- When your child has conflicts with others, explain how his actions affect them.

... the way you positively reinforce your child's prosocial behaviours.

- Praise your child's prosocial behaviours.
- Tell him how his actions helped others.
- Try not to give him tangible rewards (e.g., treats) since he may become less motivated to help without expecting something in return.





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Information

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For a more in-depth understanding of prosocial behaviour, consult our synthesis and experts' articles on this topic in the Encyclopedia on Early Childhood Development, available free of charge at www.child-encyclopedia.com.

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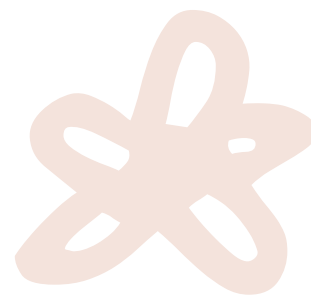
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In this document, the masculine form is used merely to simplify the text. No discrimination is intended.



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